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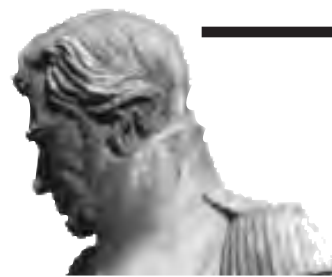
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The Fort Jackson Leader

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Staying alert

Antiterrorism month touts awareness

By **SUSANNE KAPPLER**
Fort Jackson Leader

Col. James Love, garrison commander, signed a proclamation Monday recognizing August as Antiterrorism Awareness Month and urging the Soldiers, family members and civilians on Fort Jackson to work together to prevent terrorism.

Love said that increasing vigilance is the main goal of the campaign.

"Our best protection is the people who

... are part of the Fort Jackson community," Love said. "It's the concept of everyone being a sensor. It's not just the guys at the gate — they're a part of it — but it's a layered type of defense, and it starts with those people who see and report something that doesn't quite look right."

The campaign will include posters at high-traffic locations, classes and briefings, as well as online tools that will be made available to the community, said Mark Mallach, installation antiterrorism officer.

"Awareness is the biggest tool we can use in our war on terror," Mallach said. "We can spend millions of dollars on a lot of different things, but, in the end, this is where we get our biggest bang for the buck."

Col. Ronald Taylor, director of emergency services and provost marshal, said he encourages everyone in the community to contact Military Police or call 911 if anything raises suspicion.

See **VIGILANCE:** Page 8

Under the hood



Photo by CRYSTAL LEWIS BROWN

Ron Friday inspects a 1954 Chevrolet Bel Air entered into the Autocraft Car & Bike Show contest Saturday. More than 60 cars, trucks and motorcycles, both vintage and new, were on display at the Autocraft Shop.

Accreditation proves post's standards

I am very pleased to note that Fort Jackson was recently recognized for its performance within the Army training community. It is reassuring to know that we are well on our way in becoming a fully-accredited installation, which means that our education processes and training are meeting established standards.

The accreditation process began a few months back when a team from TRADOC visited Fort Jackson to examine how our courses are being conducted. We received three separate evaluations — training center staff functions, Victory University and the Drill Sergeant School. And, overall, the Basic Combat Training Center of Excellence received a full accreditation.

This is not a rubber-stamp process, by any means. It's a very complex and thorough examination of all training standards, focusing on such elements as approved course materials, student-to-teacher ratios, as well as training support categories to include the management of resources, materials, manpower and the evaluations of instructors.

I am not even going to get into the proponent functions category, nor the mandate that each school — prior to the examiners' visit — must put together a self-assessment on every one of its courses using the TRADOC accreditation standards. None of this is easy. But one of the best internal methods of ensuring we are conducting the best possible training is by doing an extensive self-evaluation.

Again, the purpose of the program is to ensure that stu-

**MAJ. GEN.
JAMES M. MILANO**
*Fort Jackson
Commanding
General*



dents in Army schools are learning the right tasks to the appropriate standards. This ranges from qualified/certified instructors and mentors, with all the necessary equipment, supplies, support personnel and facilities to ensuring an atmosphere that is conducive to learning and supportive of an appropriate standard of military life.

As in all types of evaluations, there are areas identified that require organizations to refocus efforts, while at the same time there are those areas that stand out positively and are identified as "best practices."

Several best practices were identified during our evaluation, most notably our officer development program, the battalion commander leadership program, commanding general mentorship, the guest speaker program, the Drill Sergeant and AIT Platoon Sergeant Resiliency Program, our training program in support of the installation status report, our efforts toward knowledge management and a

host of other endeavors.

Overall, one of the team's most noteworthy comments was that the BCTCoE staff, leaders and cadre "have a passion for meeting their mission and are doing an excellent job at training Soldiers and leaders."

I place a lot of importance on that observation, because that quality is garnered through pride in one's duty to accomplish the mission and one's self-discipline to ensure the mission is completed well. There is a tremendous amount of confidence to be gained through this process, as well, knowing that we not only have met many stringent standards, but in many cases, we have surpassed those expectations.

None of the results have been officially announced yet, but when they are, everyone affiliated with our training programs should take pride in knowing that his or her work has helped us qualify the quality of training and education a Soldier receives here. Receiving our first TRADOC accreditation is indeed a significant achievement.

More important, however, is that a Soldier who receives training or takes a course here knows that he or she is receiving current and relevant instruction. Lesson plans are correct and the products have been vetted to meet a common Army standard.

Job well done by all involved in this very significant achievement!

Army Strong and Victory Starts Here!

The Fort Jackson **Leader**

Fort Jackson, South Carolina 29207

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AFAP ensures installations do the right things, the right way

I have always said you can either read history or make it. Many in our workforce have made important history by asking the three fundamental questions: Are we doing the right things? Are we doing things right? What are we missing?

These questions compelled the workforce to provide valuable feedback that helps us sustain the Army Family Covenant. Because of your voice and the Army's commitment to taking care of Soldiers, civilians and families, you have added to the 27-year history of the Army Family Action Plan's quality-of-life improvements, enabling us to do the right things the right way and fix things that were missing.

One of the greatest achievements of the recent AFAP General Officer Steering Committee is resolving 27 of 40 quality-of-life issues. The GOSC, composed of Department of Defense officials, Army leaders and field representatives, reviewed some tough issues that require resources, legislation and policy changes.

In the end, the resolutions expanded Soldier entitlements and civilian employment; enhanced medical and family support; and improved facilities and relocation services for the Soldiers and civilians who support our nation and the families who support them.

The AFAP is a year-round process that begins at the installation or unit level and is the preeminent means for commanders at all levels to learn of and seek solutions for the concerns of their communities. Currently, the Army is the only service with a program like AFAP.

Because of your voice, the Army is able to dedicate

**LT. GEN.
RICK LYNCH**
*Installation Management
Command
Commanding
General*



child and youth spaces to accommodate our special needs children at Child, Youth and School Services facilities. Garrison commanders now have the authority to designate areas within their community for immediate special needs child care. This resolution supports Soldier and family well-being.

Our pledge to improve family readiness is evident in the resolution of issue No. 562, an efficient and seamless delivery of family support services with Army One-Source. This is a significant approach to reaching out to families. Information about Army family programs, health care benefits, education and recreation is available online at www.myarmyonesource.com, and is easily accessible by Soldiers and families — regardless of geographic location.

This one-stop shop for Army information is available for members of the active and Reserve components.

We are ensuring excellence in schools through an online, one-on-one tutoring service for Army affiliated students. Family members in grades K-12 can receive live online assistance with math, science, language and introductory college-level courses. This worldwide service is available 24 hours a day, seven days a week at

Solid counsel

SSI NCO earns TRADOC title

By **KRIS GONZALEZ**
Fort Jackson Leader

Nearly two decades ago, Sgt. 1st Class Tobey Whitney was beginning what would be a 10-year stint as a police detective in his home state of Colorado. Today, the seasoned noncommissioned officer, who also has served as a civilian firefighter, paramedic and police officer, can call himself TRADOC's 2010 Career Counselor of the Year.

Whitney, an instructor with the Soldier Support Institute's Recruiting and Retention School career counselor course, prevailed against six others to win the title.

"He is a great representation of what a Soldier should be," said Sgt. Maj. Richard Jones, director of the Retention Department at RRS. "He sets the example in (physical training) and basic Soldiering skills, and his technical knowledge as a career counselor sets him apart from his peers."

Whitney's sponsor, Sgt. 1st Class Jonathan Blue, chief instructor for the retention department of the RRS, said he

thinks Whitney's life experiences are what really set him above and beyond much of his peer group.

"He came into the Army late in life," Blue said. "He had done a lot prior to his enlistment. His maturity level is extremely high. He's a Soldier through and through."

Whitney joined the military in 2003 at the age of 32. Part of what made Whitney leave his 10-year career as a detective was when his partner was shot while in the line of duty. Whitney was the first to arrive at the scene.

"He died on the side of the road while I was holding his hand," Whitney said. "It was devastating because I had spent my entire adult life saving people, but my best friend, I couldn't save him."

Whitney said he decided to leave the force and enlist in the Army as a medic.

Within two weeks of arriving to his first duty station at Fort Bragg, N.C., Whitney was on a plane to join his comrades of the 3rd Brigade Combat Team, 82nd Airborne Division, who had already deployed to Fallujah, Iraq.

His first night downrange, he was welcomed by a mortar attack. A week later a Chinook flying less than a mile away from the unit's forward operating base, was shot

down, killing 16 Soldiers and injuring 26.

"We had casualties all the time," Whitney recalled of first experience in combat. "It was a very busy time for all of us."

In 2005, he deployed with his brigade to New Orleans to help in the aftermath of Hurricane Katrina. As the operations NCO for the city's evacuation site, he saw American citizens carrying the remnants of their whole lives in something as small as a box.

During the next four years, he would serve with the brigade two more times in Iraq, first as a re-enlistment NCO and then as a career counselor. During these deployments, Whitney worked with thousands of Soldiers, giving them career advice, something he said he enjoyed doing every day.

He said most of the Soldiers he talked to were roughly the same age as his daughter, who is now 21.

“His maturity level is extremely high. He’s a Soldier through and through.”

— **Sgt. Maj. Richard Jones**
Recruiting and Retention School

"So I would try to talk to them as if I was giving her advice," Whitney said. "I could talk to them and relate to them and say, 'Look, I've been in the civilian world,' and I'd give them examples of what happened to me," he said.

"I'd say, 'I'm not telling you to re-enlist and stay in the Army because I need a number,'" Whitney said. "I'd ask them what they really wanted to do, and to not base their decision off of one duty station."

Whitney said he also made time for Soldiers no matter what time of day it was.

"So if they came off a mission at 5 o'clock in the morning and had an epiphany and they wanted to re-enlist, they could knock on my door and I'd help them," he said. "It might have been inconvenient for me, but it had been just as inconvenient for them to be on a mission."

And if they decided not to re-enlist, he said, he would shake their hand and thank them for their service.

"Because they did more than most people," he said.

Whitney uses his previous civilian and military experience in his job as an instructor, something that clearly came through in the TRADOC competition.

"The competition involves some of the best career counselors in the Army," Whitney said. "So to actually be selected makes me very proud."

During the two-day competition, which took place July 18-19 in Williamsburg,

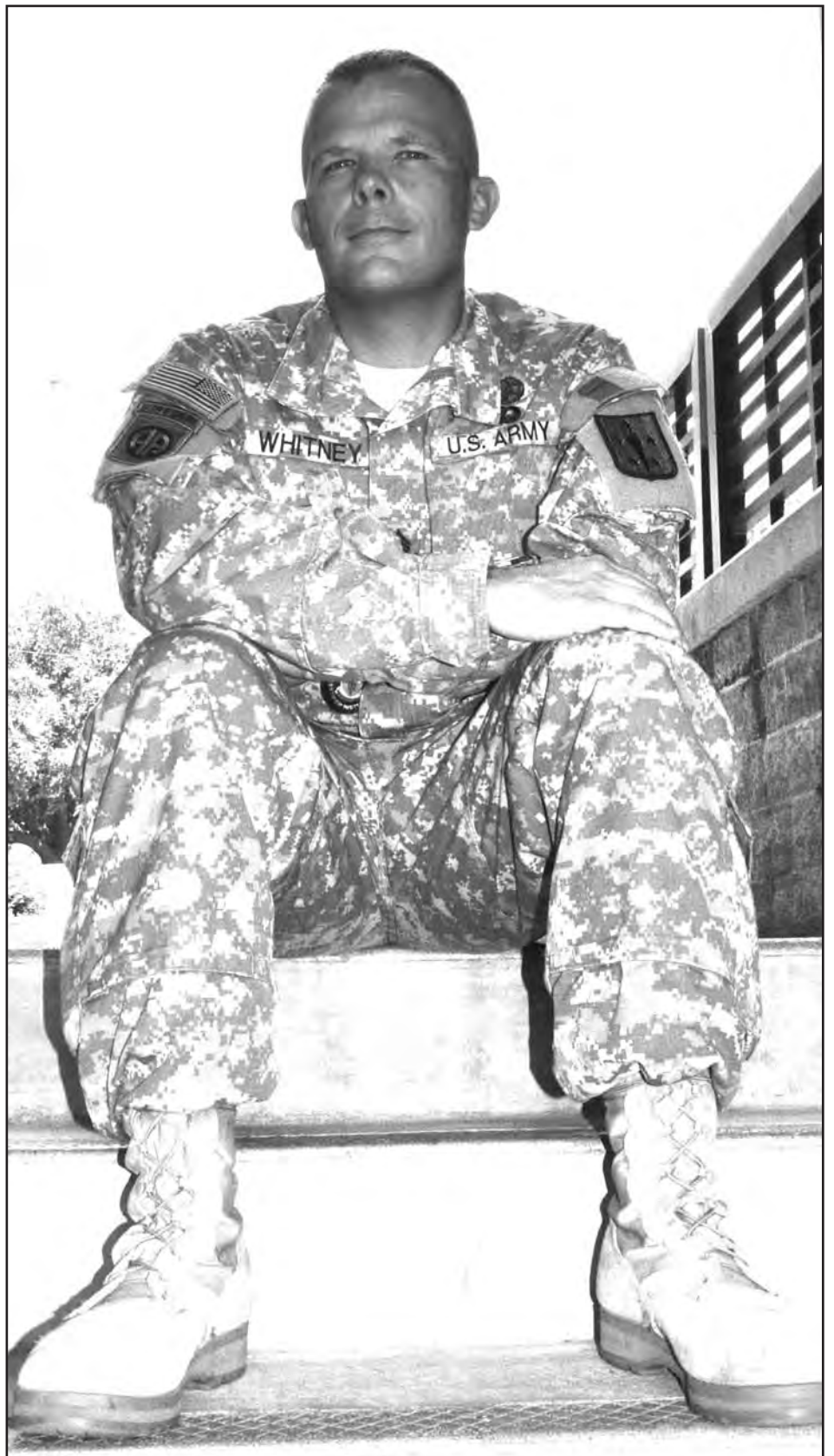


Photo by KRIS GONZALEZ

Sgt. 1st Class Tobey Whitney, an instructor with the Recruiting and Retention School, was recently named TRADOC's Career Counselor of the Year.

Va., the career counselors were evaluated on a 25-question written exam, a 750-word essay and a formal board.

The most intimidating aspect of the competition, Whitney said, was being grilled for 30 minutes by the board members, who asked him questions about Army retention, the transition from active to reserve service and current Army policies.

"Because all of the board members have been in the Army so long, they all have so

much knowledge and experience," Whitney said. "What can you say that's different? What can you say that they haven't already heard before?"

But what Whitney said must have impressed the board members, because he was announced the winner July 20, and is now slated to compete for the Secretary of the Army's 2010 Career Counselor of the Year award in January.

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SSI adviser provides cultural training

By **CHRIS RASMUSSEN**
Fort Jackson Leader

In an effort to avoid social taboos and win the minds and hearts of civilians in foreign lands, the Soldier Support Institute has hired a cultural adviser to teach Soldiers cultural awareness.

El-Rayah Osman, a Sudan native and professor at South Carolina State University, is one of three cultural advisers currently employed by TRADOC to provide cultural enhancement to the Army training missions. TRADOC plans to recruit 15 cultural advisers.

"Dr. Osman was hired to educate our Soldiers about culture, specific customs expected of visitors in foreign lands and a sensitivity of the effects they may cause by being in foreign lands," said Col. Patrick Devine, Soldier Support Institute deputy commander.

Osman, who holds a doctorate in sociology, will work closely with SSI commandants and directors to ensure that cultural awareness is an integral part of SSI training programs.

"Understanding culture is the center of the success of the U.S. Army," Osman said. "I want to prepare the units for deployment and give them enough information so they can do their jobs. The Army is involved in many conflicts and Soldiers need to be sensitive and informed."

Osman, who was hired June 1, plans to establish several cultural programs in addition to the SSI cultural awareness classes he teaches. Some of those include "Brown Bag Lunches" in which attendees will talk about culture, an Arabic language program and more.

"Today's Soldier needs to be more culturally aware

than ever," said Ralph Allison, Soldier Support Institute chief of staff. "The more competent a Soldier is in understanding self and foe in terms of customs, language and culture, the better the Soldier is able to accomplish the mission."

In addition to being an adviser for the Soldier Support Institute, Osman is a resource for the Fort Jackson community.

"I am affiliated with SSI, but I am a Fort Jackson (asset) so anyone can get information on culture to help prepare for deployment," he said.

Osman has also been asked to add more cultural awareness training to Basic Combat Training on the installation.

"The face of warfare has changed significantly where sometimes we are not fighting nations, but fighting terrorists with no national affiliation," Devine said. "Where once there were land masses to conquer, now there are terrorists hidden among peace and law-abiding citizens. This change in war-fighting forces us to become more sensitive to the culture of people living in areas where we deploy."

The need for cultural awareness in the training environment will become more important in the near future. The Army Chief of Staff recently approved a new set of Warrior Tasks and Army Battle Drills, which includes Adapt to Changing Operation Environments.

"Our intent is for Dr. Osman to refine and define these requirements within the Soldier Support Institute," Devine said. "All work done by Dr. Osman will be vetted with TRADOC cultural leaders and should contribute to the Army's overall training efforts in this area."

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Photo by SUSANNE KAPPLER

El-Rayah Osman serves as one of three cultural advisers in TRADOC.

Stormy Monday



Photos by KRIS GONZALEZ

Left, Firefighter Shane Morris trims a tree branch Tuesday that fell on the lawn outside of the Directorate of Emergency Services building after the previous night's storm. The storm's effects were felt postwide, causing power outages that closed several installation offices, including the Central Issue Facility, the Post Office and the Golf Club. Palmetto Falls Water Park also had some damage and debris, which delayed its daily opening. Above, from front to back, Firefighters Shaun Payne, Shane Morris and Erik Rosen remove debris and fallen tree limbs from the lawn outside the DES building. In addition to the debris around the building, the computer used to transmit on-post fire alarms was damaged during the storm. DES officials provided temporary emergency phone numbers Tuesday to ensure that all emergency calls would be properly routed.

Housing Happenings

COMMUNITY UPDATES

❑ National Night Out: Balfour Beatty Communities will host its annual block party from 5 to 8 p.m., Tuesday at the Community Center. The party includes free food, face painting, balloon artists, bounce houses and more.

❑ Balfour Beatty Communities' new receptionist is Jamie Wise.

❑ LifeWorks events are free and open to on-post residents. Residents who have suggestions for events can contact Alana Youngblood at 738-8275 or ayoungblood@bbcgrp.com.

❑ Recreational vehicles and utility trailers must be stored on the RV storage lot. To reserve a space, call 751-7567/9325.

❑ Residents who are interested in using the Community Center for a personal function can call 738-8275 to make a reservation.

DEVELOPMENT UPDATES

❑ To date, 177 homes have been completed.

❑ To date, 64 units have been demolished in the Phase II area for junior noncommissioned officers.

❑ Concrete slabs are being poured in the senior officer area and framing will begin soon.

CMS Corner

The Customer Management System at Fort Jackson is a three-tiered feedback system established to determine the satisfaction of those who work, train, live and play on the installation.

CMS includes the Interactive Customer Evaluation system, Community FIRST/AFAP and Customer Service Assessments. This feedback enables the garrison to focus on specific actions aimed at improving customers' experiences of post services.

A complete list of Community FIRST issues can be found at <http://www.jackson.army.mil/WellBeing/wellbeing.htm>. New issues may be submitted on the site as well, by clicking on "Submit an Issue or Recommendation" or on the Community FIRST/AFAP logo.

Become a friend of CMS on Facebook by logging on to www.facebook.com. Search for CMS Fort Jackson.

"Let your voice be heard!"

To contact the Leader about story ideas or announcements, e-mail FJLeader@conus.army.mil or call 751-7045.

Trucking to the PX



Photo by SUSANNE KAPPLER

NASCAR Camping World Truck Series driver Timothy Peters, left, gives an autographed picture to Sgt. 1st Class William Harger, a student at the Master Resilience Training course. Peters met with service members, retirees and family members at the Main PX Monday to sign autographs and pose for photos.

Vampire power drains wallet

From the Directorate of Public Works

Most of us are familiar with the frightening vampires of Transylvanian lore. But they are nowhere near as insidious — or real, for that matter — as the so-called energy vampires that may be bleeding pocketbooks dry. Many common household items like computers, monitors, televisions, appliances and cell-phone chargers continue to draw electricity even when they're not turned on, drawing what is known as standby power.

In fact, almost any product that has an external power supply, remote control or continuous display, such as an LED clock, will use power around the clock. Lawrence Berkeley National Laboratory recently measured the standby consumption of these energy vampires and estimated that they account for up to 10 percent of residential electricity use in the United States and



nearly 1 percent of global carbon dioxide emissions each year. To stop the energy and financial drain, follow these simple tips:

- Computers and monitors should be turned off every day when not actively in use.
- If you aren't frequently using a device, unplug it.

- Use a switchable power strip to instantly turn off products with high standby consumption such as computers and monitors.

- Choose low standby devices when shopping, such as Energy Star-certified products.

For more information, call 420-1892.



Photo by SUSANNE KAPPLER

Col. James Love, garrison commander, signs a proclamation Monday designating August as Antiterrorism Awareness Month. Love said community awareness is a key element in preventing terrorism.

Vigilance, awareness weapons against terror

Continued from Page 1

“We only have so many MPs,” Taylor said. “If I can recruit all the civilians, all the civilian employees, all the Soldiers, family members, visitors to help provide information, it just makes things a lot easier for us to deal with the unknown.”

“Awareness is the biggest tool we can use in our war on terror.”

— Mark Mallach
Installation antiterrorism officer

Love expressed his confidence that Fort Jackson responders are prepared to handle any situation, but said that everyone in the community is called upon to prevent terrorism.

“I’m fully confident that we have great measures in place here and that we have great response in case something does happen, but the best thing we can do is prevention,” Love said. “And that comes with the people who live and work here.”

Susanne.Kappler1@us.army.mil

Editor’s note: For more information on antiterrorism, call Mark Mallach at 751-2132. Fort Jackson computer users are encouraged to watch antiterrorism videos at \\jack-fs1-a7\common\VICTORY_DISTRO\AT\Army_AT_Community_Awareness_323_sec.wmv and \\jack-fs1-a7\common\VICTORY_DISTRO\AT\Gen_Chiarelli_AntiTerrorism.wmv. Antiterrorism training is available online at <https://atlevel1.dtic.mil/at/>.

Pentagon assesses damage in documents leak

By SGT. 1ST CLASS MICHAEL CARDEN
American Forces Press Service

WASHINGTON — The Pentagon this week condemned the actions of the group Wikileaks.org, which released thousands of classified U.S. military documents on its website Sunday.

“The leaking of classified information is something we take very seriously,” Marine Corps Col. Dave Lapan, a Pentagon spokesman said.

“We are in the process right now of assessing the documents,” Lapan added.

The documents, reportedly given to several U.S. and international media weeks ago, are said to detail field reports from Afghanistan, as well as Pakistan relationships with the Taliban. The more than 90,000 documents cover the period from January 2004 through December 2009, according to news reports.

The Pentagon has yet to confirm the impact of the reports, as it is still early in the assessment process, Lapan said.

“As they are made available, we will be looking at them to try to determine potential damage to lives of our service members and our coalition partners; whether (the reports) reveal sources in methods and any potential damage to national security,” he said.

Of the reports the Pentagon has seen, they fall into a category of basic, unit-level reporting, Lapan said.

“We’ve only seen a fraction of the documents that are reported to be out there, so until we get a look at all of them, we can’t know exactly what the extent of the damage may be,” he said.

It could take the Pentagon weeks to make such determinations, Lapan said. But much of what the Pentagon has discovered early in the investigation is that the documents are classified at a “secret” level, and not “top secret,” which is reserved for more sensitive material, he said.

The disclosed documents reveal “the type of reporting that goes on at the tactical level on a routine basis,” the colonel said, noting examples such as roadside bomb incidences, civilian and military casualty reports and in-

telligence and information gathering.

“There’s nothing we’ve seen so far that is particularly relevant,” Lapan added.

At this point, he said, the Pentagon is concentrating on the information that’s been made public, and is not investigating the source of the leak. Lapan explained that any number of military and civilian defense employees have access to such documents.

Also, the Pentagon is not looking to limit the number of people with access to “secret” material, he said.

“We have lots of systems in place,” Lapan said. “And at the very top of that is the responsibility that those who are entrusted with access to that type of information protect that from unauthorized disclosure.”

The Pentagon, however, will eventually attempt to narrow down the source of the leak, he said. However, Lapan could not disclose whether a formal investigation on the matter would take place.

“As we’ve said, we put a great deal of trust and confidence in individuals not to betray their oath to their country,” Lapan said.

Finding a babysitter no child’s play

I nodded knowingly as I read this week’s story about a military couple who attended a recent day trip with the USO. The husband, who recently returned from an Afghanistan deployment, said that because of his busy schedule — and his three children — it is often difficult for him and his wife to find time together.

My husband wakes up for physical training before dawn and has already left by the time I wake up. By the time he gets home from work, he sometimes has only enough time to watch our son eat dinner before it is time to get him ready for his 8:30 p.m. bedtime. After the dinner dishes are cleared, the house has been (somewhat) tidied and the dog has been put out, there is often little time before we drag our exhausted bodies to bed. Add two or three other children into the mix and I can imagine the creativity it takes to squeeze in “me” time and couple time during a hectic schedule.

Whether you are a Soldier, civilian or family member; and whether your military spouse is a drill sergeant, support staff, instructor or staff officer, it is easy to see that many of our days are not strictly 9 to 5. But what that USO story (and a knowing co-worker) reminded me is that sometimes, we have to take time out — from our jobs, from our children — to just be a couple.

Resilience is a big deal in today’s Army, and frankly, I first thought it just another buzzword. But the more I read

CRYSTAL CLEAR
By **CRYSTAL LEWIS BROWN**
Fort Jackson Leader



about it, and the more I see programs aimed at helping families — both individual members and as a whole — become more resilient, I realized I was wrong. I won’t get into all the details about how important resilience is to the Army and how it fits into the Army’s Comprehensive Soldier Fitness Program. What I will say is that you can start your own personal mission to improve your family’s resilience by doing one simple thing: Go on a date with your spouse.

I know it seems easier than done. Before I had a child of my own, I couldn’t help but smirk when a mom turned down an invitation to dinner or to an event because she couldn’t find a babysitter. “How hard could it be?” I thought.

After interviewing one babysitter, insulting her with

my proposed wage and having her decline my offer to use her services, I realized it was not as easy as it seems.

But Fort Jackson does a good job of making it a bit easier. Its on-post hourly care services offer stressed moms and dads a respite during the day to run errands, go to lunch together or just take a nap. And two Fridays a month, the center provides a Parent’s Night Out, in which parents can drop their children off for five hours to have a date night. For those who prefer to sweat together, Child, Youth and School Services also offers its Jumping Jacks program, which provides child care on-site as parents work out at Andy’s Fitness Center.

CYSS also offers babysitter training for children 12 to 18 through its SKIES program. Those newly trained sitters, except for 12-year-olds (who cannot be listed until age 13) are then placed on a referral list, which is provided at the Parent Central Services office, adding yet another option for harried parents.

As difficult as it may sometimes be, I’ve learned that a happy mom and dad make for a happy family.

Think of it this way: You could be saving your family, one date at a time. And if a lobster dinner helps make me a better wife and mother, who am I to complain?

Editor’s note: Crystal Lewis Brown is editor of the Fort Jackson Leader and an Army spouse of five years.

Family Happenings

SKIES UPDATE

Following Friday’s last Bright SKIES class sessions, further classes are canceled until further notice as the SKIES building undergoes renovations. Call 751-7540/6777 for information.

PARENTS’ NIGHT OUT

Need a night off? Don’t forget to take advantage of the Parents’ Night Out program at Hood Street Child Development Center. Children must be registered with Child, Youth and School Services to participate. Orientation is required prior to scheduling care.

Call 751-1970/1972 to schedule an orientation.

4-H CLUB

The 4-H Club (for first through fifth graders) meets 4-5 p.m., every Wednesday at the Youth Center. Call 751-1136 for information.

PLAYGROUP

Join other parents and their children, at Playgroup, 10 to 11:45 a.m., every Monday, Wednesday and Friday, at 5615 Hood St., Room 8. An evening playgroup for Soldiers and their children is scheduled for 5 to 6:30 p.m., Wednesday. Call 751-5256 for information.

WALKING GROUP

Join other parents and children at the

Columbia Place Mall Food Court for the Stroll Along Walking Group 10 a.m. to noon, every Tuesday. Call 751-5256 or e-mail ftjackson_acs@conus.army.mil for information.

SPANISH PLAYGROUP

The Spanish Support Group/Playgroup meets the last Thursday of the month at 5615 Hood St., Room 8. E-mail jcst143@univision.com or lizperlataina@yahoo.com for information.

Visit <http://jackson.mhsoftware.com/> for the full on-post calendar. The calendar is located at the bottom of the page and can be searched by agency.

CALL FOR SUBMISSIONS

The Fort Jackson Leader wants to hear from military spouses. The Leader is inviting submissions (questions, commentary, etc.) from or about spouses.

The Leader also welcomes letters to the editor. All letters should include the name and hometown of the writer. Letters should also include a phone number for verification purposes.

The Leader reserves the right to edit letters for grammar, style, spelling and brevity. Send your all submissions to FJLeader@conus.army.mil.

Call 751-7045 for information.



Ask an Army health nurse about:

Protecting kids' sensitive skin from sun

What is the best way to protect my children from the hot South Carolina sun?

Children, just as adults, need protection from the sun's harmful ultraviolet rays, both UVA and UVB rays. UVA rays are constantly present, regardless of the season or the weather. Because UVA rays can penetrate deeper into the skin surface and damage the cells beneath, they are responsible for signs of aging. UVB rays are responsible for sunburns.

Unlike UVA rays, UVB rays are more prevalent in the summer months, but they can reflect off water, sand and snow. UVA rays can contribute to cancer, but it is the UVB rays that are responsible for causing most skin cancers. It is essential to protect a child's skin whenever he or she is outdoors, not just at the beach or pool. Remember, UV rays are the strongest between 10 a.m. and 3 p.m. Limit the child's time outdoors between these hours.

Important guidelines to follow include:

- ❑ Apply sunscreen 30 minutes before going outside. Use a product with a minimum SPF 15 and UVA and UVB protection. Not all products contain the same ingredients; if the child has a reaction to one product, try another one or call the child's physician for guidance. Reapply during the day as needed, especially following exercise and swimming, even if the sunscreen is water-

ALL IN THE FAMILY

From ARMY PUBLIC HEALTH NURSING

proof or water-resistant. Follow the directions on the package for babies younger than 6 months. The best defense for infants and babies is avoiding sun exposure and staying in shaded areas.

- ❑ Seek shade under an umbrella or tree. Monitor the amount of time the child spends in the sun.

- ❑ Wear hats and sunglasses. Remember to protect areas that hats do not always cover, such as ears and neck. UV rays can also lead to cataracts, so it is important to protect a child's eyes with sunglasses. The best sunglasses for children are those that wrap around and block as close to 100 percent of UVA and UVB rays as possible.

- ❑ Covering the skin with protective clothing also helps to block out the harmful UV rays.

Unprotected skin can be damaged within 15 minutes



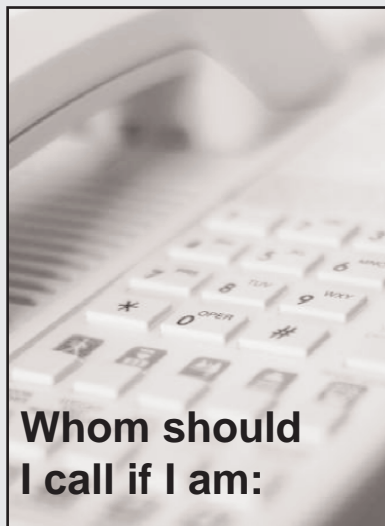
by UV rays. Even on days that are cloudy and cool, the UV rays still penetrate the clouds and can cause skin damage.

For those with children in the post's daycare facilities, keep in mind that sunscreen is considered a personal care item, which means daycare workers can apply sunscreen on the children without a prescription. Those who want their children to have sunscreen applied must fill out a personal care item form to provide to the daycare, along with a sunscreen of at least SPF 15.

Editor's note: Fort Jackson's Army Public Health Nursing department is part of Moncrief Army Community Hospital's Department of Preventive Medicine. Its staff of six provides health education to the Fort Jackson community. The staff members also serve as medical consultants to the post's Child Development Centers.

Have a question?

Have a question about something that has to do with family health? E-mail your question to FJleader@conus.army.mil. Be sure to put "All in the Family" in the subject line and include contact information. Contact information will not be publicized.



Whom should I call if I am:

Concerned about my health insurance coverage?

TRICARE Service Center
MACH, 751-2123/2425/2778

Looking for spiritual support?

Family Life Center
Main Post Chapel, 751-5780

Looking for a job?

Employment Readiness Program

Strom Thurmond Building, Room 223, 751-4862

Looking for child care?

Child, Youth and School Services
Joe E. Mann Center, 751-4865/4824

Leaving the Army?

Army Career and Alumni Program,
Building 4600, Room A200, 751-4109

Having trouble balancing the family budget?

Financial Readiness Program
Strom Thurmond Building, Room 223, 751-5256

Looking for an off-post school?

School liaison officer, 751-6150

Having mental health problems?

Community Mental Health Services
McWethy Troop Clinic, 751-5183.

Being abused?

Family Advocacy Program
Strom Thurmond Building, Room

218, 751-6325

Married to a deployed Soldier?

Mobilization and Deployment
Family Readiness Center, 751-7220

In legal trouble?

Legal assistance office
9475 Kershaw Road, 751-4287

Trying to lose weight?

Family and Morale, Welfare and
Recreation Fitness Department
Joe E. Mann Center, 751-5768

PCSing?

Relocation and Referral Services
Strom Thurmond Building, Room 223, 751-1124

Interested in learning more about the military?

Army Family Team Building
Family Readiness Center, 751-6315

Please e-mail FJleader@conus.army.mil to add your on-post agency to this list.



Visit Military OneSource.com for information on education, relocation, parenting, stress and more.

This free service is available by phone or online for active duty, Guard and Reserve Soldiers, along with their family members.

Spouse cooks for cure

By KRIS GONZALEZ
Fort Jackson Leader

While Jessica Campoverde was growing up, her mother, aunts and other ladies of the family would gather every Sunday at her grandma's house in Southern California to make tamales.

They would sit in an assembly line, chat and enjoy each other's company while making the Mexican specialty.

"For them, it was a social thing," Campoverde said.

So when Campoverde needed a way to raise money to be able to participate in an event that celebrates women and their battles against breast cancer, it was no surprise she decided to fall back on that same family tradition for help.

Today, Campoverde is making and selling tamales as a means to raise the minimum \$1,800 she needs to walk in an Avon Walk for Breast Cancer Sept. 11-12 in Santa Barbara, Calif.

So far she has raised \$1,500 — more than half of which was generated from sales of her tamales.

"I can't find a cure, but this is something I can do," Campoverde said. "This is something I have to do."

Campoverde's tamale venture began last October when she found out one of her dearest friends, Norma Mahony, had been diagnosed with breast cancer.

Campoverde and Mahony, both military wives, had become close while stationed at Fort Riley, Kan. When their husbands were reassigned to different duty stations, Mahony's at Newport, R.I.; and Campoverde's here at Fort Jackson, the two wives maintained their friendship long distance via telephone calls and e-mails.

When Mahony told Campoverde she had cancer, Campoverde took the news hard. It was Mahony who had to console Campoverde, to reassure her that she was going to be all right.

"When I started crying, Norma was the one trying to comfort me," Campoverde said. "She said, 'No, don't cry. Everything's going to turn out OK.'"

Campoverde — whose mother had two friends die of breast cancer — decided that she wanted to do something to help women who shared Mahony's plight.

In November, she registered to participate in the two-day, 39-mile trek, and committed to raising \$1,800, which will be used to help provide breast cancer screenings and



Photos by KRIS GONZALEZ

Above, Jessica Campoverde sells homemade tamales to raise money to participate in an Avon Walk for Breast Cancer, Sept. 11-12 in Santa Barbara, Calif. Below, Deandrea Mack laughs as she adds special sauce to her tamales.

treatment for both women and men, and to fund research toward finding a cure for the deadly disease.

Campoverde wrote letters to family and friends, people she and her husband had been stationed with in the past — everybody in her address book, she said — asking for their support.

Although many pulled through for her, and the donations started to come in, she realized it wasn't nearly enough. With advice from her mother, she decided to make and sell tamales.

Knowing her daughter never really learned how to make tamales, Campoverde's mother offered to teach her via webcam from her kitchen in California.

So while Campoverde prepared her first tamales, her mother talked her through each step and watched from a laptop set up on Campoverde's kitchen table.

In just one day, she learned how to boil corn husks, knead dough, tenderize meats, create her own special sauce and wrap the tamales with care.

Once she mastered the art of making tamales, Campoverde let her friends know she was up for business.

Customers could purchase a dozen tamales, made with their choice of beef, chicken, pork or cheese, all smothered with Campoverde's special sauce.

She spread the word among the moms at her playgroup, who ordered quite a bit.

Campoverde also marketed her tamales to friends on social networking sites, bringing in orders for dozens at a time, with one buyer requesting four dozen in a single order.

Deandrea

Mack, a playgroup mom who occasionally helps Campoverde make her tamales, said she and her family members have become Campoverde's biggest fans.

"My husband is crazy about her tamales," Mack said. "When I walk in the door with them, he screams, 'It's fiesta time!'"

Mack, whose maternal grandmother died of breast cancer when Mack was just a toddler, and whose paternal grandmother had a double mastectomy last January, said it makes her very happy to see Campoverde — who isn't directly affected by breast cancer — care enough to do as much as she can to help those who battle the disease.

"She cares so much for people in general," Mack said. "She has a loving spirit and



a really big heart."

Mahony said it's that love and support from friends like Campoverde that has helped her beat breast cancer. Though she endured two lumpectomies, and months of chemotherapy and radiation, Mahony said she is finished with all of her treatment and is now busy living cancer free.

"Just knowing that I was thought of and loved has helped me so much," Mahony said. "There's no way I could have gotten through it otherwise."

To follow Campoverde along her journey, visit www.avonwalk.org/goto/jcamp.

Kris.Gonzalez1@us.army.mil

News and Notes

TOWN HALL MEETING SCHEDULED

The community is invited to attend a town hall meeting 6 p.m., Aug. 5 at the Solomon Center. Child care will be provided. Attendees will be entered in a drawing for door prizes. Free pizza will be available.

CHILDREN’S PLAY AUDITIONS SET

Auditions are scheduled from 10 a.m. to noon, Monday at 5614 Hood St. Open to children 6 to 18 years old. Those selected will rehearse four hours, Monday through Friday and perform two 45-minute on-stage plays. Must be registered with Child, Youth and School Services. Call 751-4869 for information.

AAFES GOES MOBILE

Fort Jackson AAFES shoppers can sign up to receive special offers by text message. To opt in, text “AAFES” to 95613.

PARENT ADVISORY COUNCIL MEETS

The Scales Avenue Child Development Center Parent Advisory Council meets 5:15 p.m., Aug. 12 at the Scales CDC. All parents of Scales CDC students are invited to attend.

CPAC OPENING HOURS CHANGE

Effective Aug. 5, the Civilian Personnel Advisory Center will be open Thursdays from 1 to 4 p.m. Mondays through Wednesdays and Fridays, the CPAC will be open from 8 a.m. to noon and from 1 p.m. to 4 p.m. For employment opportunities and job information, visit www.cpol.army.mil.

COMMUNITY ISSUES SOUGHT

All community members are encouraged to submit “quality of life” issues by visiting www.jackson.army.mil/wellbeing/survey.htm.



| | | |
|----------------------|-------|----------|
| July 30 — 7 p.m. | | |
| The A-Team | PG-13 | 117 min. |
| July 31 — 7 p.m. | | |
| Toy Story 3 | G | 103 min. |
| July 23 — 7 p.m. | | |
| Toy Story 3 | G | 103 min. |
| August 1 — 2 p.m. | | |
| Toy Story 3 | G | 103 min. |
| August 2 — 1:30 p.m. | | |
| Imagine That | PG | 98 min. |
| August 4 — 4 p.m. | | |
| Toy Story 3 | G | 103 min. |
| August 4 — 7 p.m. | | |
| The A-Team | PG-13 | 117 min. |

Fort Jackson Reel Time Theater
(803) 751-7488

Ticket admission
Adults \$4.50
Children (12 and younger) \$2.25

Visit www.aafes.com for listings.

Commander clarifies conditions, progress of Afghanistan surge

By JIM GARAMONE
American Forces Press Service

BAGRAM AIR FIELD, Afghanistan — Though the battle in Regional Command-East in Afghanistan is more difficult than expected, U.S., NATO and Afghan forces are making progress there, Army Maj. Gen. John F. Campbell said this week.

Campbell, the commander of the 101st Airborne Division, as well as Regional Command-East, spoke to reporters traveling with Navy Adm. Mike Mullen, the chairman of the Joint Chiefs of Staff. Mullen visited U.S. troops in Jalalabad and Forward Operating Base Joyce, before arriving here. Campbell also commands the Combined Joint Task Force 101.

Campbell’s read on the fight in his area is that there is a U.S. surge into Afghanistan, and the enemy is surging in response.

“We’ve seen an uptick in the number of (improvised explosive devices), complex attacks and small-arms attacks,” the general said. “I can tell you the number of attacks has gone up but the effectiveness has not. Part of that is the experience we bring and the focus of the soldiers and commanders as they assume battlespace.”

RC-East is built around the 101st Airborne Division from Fort Campbell, Ky. A French brigade and a Polish brigade also serve with the Americans. The command has 152 forward operation bases and combat outposts spread over 14 provinces.

The surge of U.S. troops into Afghanistan — while centered on Regional Command-South — also is being felt in the east, Campbell said. The extra troops, he said, will enable penetration into more areas, and this allows the command to

continue partnering with Afghan security forces — especially with the Afghan police.

The enemy remains basically the same, Campbell said, as when the 101st was last deployed to Afghanistan in 2008 to 2009 — the Haqqani network in the southern part of the area and Taliban to the north. Three provinces — Bamian, Panjshir and Parwan — are seeing significant declines in violence, and Campbell said he believes he can transfer those areas to Afghan security forces in the near future.

The counterinsurgency strategy concentrates on protecting the population, Campbell said, noting his command has gone to extraordinary lengths to protect civilians during combat operations. In the last month, he said, there were 100 civilian casualties. Ninety percent of those casualties, he added, were caused by the insurgents. And in the past six months, the general said, no innocent civilians were killed by aerial bombings.

Campbell said the 101st Division’s headquarters is based at the massive airfield here located just east of Kabul. The 1st Brigade, 3rd Brigade and soon the 4th Brigade will operate in RC-East. One of the two division aviation brigades is based in RC-South, as is the division’s 2nd Brigade Combat Team.

This arrangement, Campbell said, enables the division to tailor its training to the mission, especially the language and culture piece. Many of the 101st troopers served in Afghanistan before, he noted, and one — the 4th Brigade — will deploy to the same area they’d served in before.

There are many more resources being applied in addition to the surge in American troops, Campbell said. Training of the Afghan national security forces, he noted, has begun to pay off, with roughly 25,000 now serving alongside coalition forces.

Retiring from service



Photo by KRIS GONZALEZ

Retiring Soldiers are honored during a ceremony Wednesday in front of Post Headquarters. Front row, from left: 1st Sgt. Belinda Pickens, 1st Sgt. Anthony Bennett, Sgt. 1st Class Lillie Brown, Sgt. 1st Class Sheila Gordon, Sgt. 1st Class Daryl Coad, Sgt. 1st Class Robert Starr, 1st Sgt. Richard Kelly. Back row, from left: Command Sgt. Maj. Daniel Hagan, Sgt. 1st Class Anthony Carter, 1st Sgt. Zenalia Moses, Sgt. 1st Class Shirley Rouse-Rainey, 1st Sgt. Edwin Gordon, Sgt. 1st Class David McDaniels, Sgt. 1st Class Joseph Commander, Sgt. 1st Class Jorge Rivera.

'We are entering a new era in AFAP'

Continued from Page 2

www.tutor.com.

Providing additional support to surviving families with enhanced survivor family dental benefits was also attained. Surviving children can now maintain coverage in the TRICARE Dental Plan through age 21, or age 23, if they are full-time college students.

Additionally, an issue requesting around-the-clock child care was resolved. The Army funded 24/7 childcare facilities at 11 installations, based on installation missions and projected demand. Family Child Care homes provide the same services at the remaining installations.

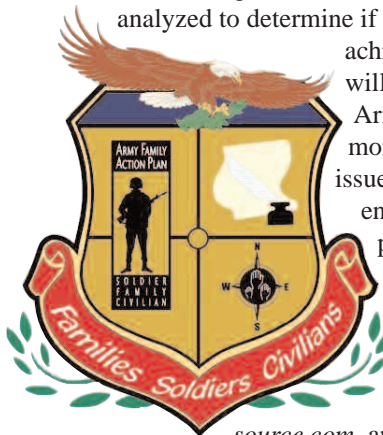
We have made great strides, but the committee agreed that six AFAP recommendations cannot be resolved because of resource constraints, lack of legislative support, or other factors. However, we decided to continue pursuing seven agenda items, such as increasing weight allowances for relocating families and boosting medical retirement pay for some disabled Soldiers.

Above all, the AFAP continues to turn possibilities into realities. Since the first AFAP conference in 1983, we have established standards for child care, increased single Soldier programs, granted paternity leave for new military fathers and expanded educational benefits for families.

This grassroots process identifies and elevates the most significant quality-of-life issues that affect Soldiers, retirees, civilians and families. Information provided through the AFAP process gives commanders and leaders insight into current satisfaction detractors, quality-of-life needs and expectations of the Army community. Leaders use the information to effect changes that improve standards of living and support programs. These changes foster a satisfied, informed and resilient Army Community.

We are entering a new era in AFAP. As the assistant

chief of staff for installation management, I am committed to ensuring all recommendations are thoroughly analyzed to determine if they are realistically



achievable. To that end, I will be meeting with the Army staff proponents each month to analyze eight to 10 issues. I want to include the entire Army Family in this process by keeping them informed of the progress of each issue. As such, I invite you to visit the Army OneSource website at www.myarmyonesource.com, and select the Family

Programs and Services menu to activate the AFAP Active Issue Search feature.

Here, you can enter keywords to find related active issues, or insert an issue number to see a specific issue. You may also search by subject area, demographic group or geographic area to see what we are doing to improve quality of life for those we serve. I will also keep you informed by publishing monthly updates and postings to my Facebook page.

I encourage you to continue asking these three fundamental questions about our programs and services: Are we doing the right things? Are we doing things right? What are we missing? If you answer "no" to the first two questions or you think we are missing something, get involved and become part of the solution for improving the Army's home — your home.

Reading history is educational, but getting involved and making important history is an exceptional way of providing exceptional support to the Soldiers, civilians, and families in our home.

Letters to editor

The *Leader* welcomes letters to the editor. All letters should include the name and hometown of the writer. Letters should also include a phone number for verification purposes. The *Leader* reserves the right to edit letters for grammar, style, spelling and brevity. Send your letter to FJLeader@conus.army.mil. Call 751-7045 for information.



Want more Fort Jackson news?

Watch Fort Jackson video news stories and Victory Updates at
<http://www.vimeo.com/user3022628>



Follow the Fort Jackson Leader on Twitter
at <http://twitter.com/FortJacksonPAO>

Saluting this Basic Combat Training cycle's honorees

DRILL SERGEANTS OF THE CYCLE



Staff Sgt.
Richard Cruz
Company A
1st Battalion,
34th Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Pvt. Spencer Matson

SOLDIER OF THE CYCLE
Spc. Ernest Ng

HIGH BRM
Pfc. Michael Momany

HIGH APFT SCORE
Pfc. James Sturges



Staff Sgt.
Quintrell Becton
Company B
1st Battalion,
34th Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Pfc. Lindsey Troutman

SOLDIER OF THE CYCLE
Pfc. Martin Meravy

HIGH BRM
Pfc. Michael Marion

HIGH APFT SCORE
Pvt. David Safir



Staff Sgt.
William Carrigg
Company C
1st Battalion,
34th Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Pfc. Louis Decoulo

SOLDIER OF THE CYCLE
Pfc. Jacob Luthy

HIGH BRM
Pfc. Erik Ginn

HIGH APFT SCORE
Pfc. Louis Decoulo



Staff Sgt.
Tressa Broadnax
Company D
1st Battalion,
34th Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Pvt. Daniel Haws

SOLDIER OF THE CYCLE
Spc. Colin Slunecka

HIGH BRM
Pvt. Ian Miller
Pvt. Noah Paul

HIGH APFT SCORE
Pvt. Daniel Haws



Staff Sgt.
Ledale Scott
Company E
1st Battalion,
34th Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Spc. Jason Price

SOLDIER OF THE CYCLE
Pfc. Paul Green

HIGH BRM
Pfc. Paul Green

HIGH APFT SCORE
Pvt. Katie Jacques
Pfc. Brian Miguel



Staff Sgt.
Michael Allen
Company F
1st Battalion,
34th Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Spc. Marshall Daugherty

SOLDIER OF THE CYCLE
Pfc. Corey Smith

HIGH BRM
Spc. Cory McFadden

HIGH APFT SCORE
Spc. Leonard Arisitzabal

SUPPORT AWARDS OF THE CYCLE

SERVICE SUPPORT AWARD
Tom Noblin

STAFF SUPPORT AWARD
Master Sgt. Alberto Benitez

DFAC AWARD
Christopher Outen



This week's AIT honors



GOODMAN



PETTIT



THOMAS

369th Adjutant General Battalion (Company D): Sgt. 1st Class Eric Goodman. The distinguished honor graduate is Pvt. Annedrea Coleman (not pictured). 187th Ordnance Battalion (HHC): Instructor of the Cycle — Sgt. 1st Class Michael Thomas, Cadre of the Cycle (Company C) — Sgt. Aaron Pettit. The distinguished honor graduate is Pvt. Christopher Watkins (not pictured).

Upcoming ceremonies

CHANGES OF COMMAND
□ 369th Adjutant General Battalion: Lt. Col. David Wood will relinquish command to Lt. Col. Ed Allen, 8 a.m., Aug. 18, at Darby Field.
□ 1st Battalion, 13th Infantry Regiment: Lt.

Col. John Calahan will relinquish command to Lt. Col. Matthew Zimmerman, 8 a.m., Aug. 20, at the Officers' Club.
Send updates for changes of command and changes of responsibility to FJLeader@conus.army.mil or call 751-7045.



Calendar of Events — August

MONDAY, AUG. 2

- English as a Second Language — conversational, 9 to 11:30 a.m., Strom Thurmond Building, Room 222 (every Monday, except holidays)
- Play Group, 10 to 11:30 a.m., call for location (Mondays and Wednesdays, except holidays)

TUESDAY, AUG. 3

- Instructor lead intro to MS Excel, 9 a.m. to noon, call 751-4862 for location (for military spouses only)
- LaLeche/Breastfeeding Support Group, 10 to 11:30 a.m., 5614 Hood St., Room 8
- EFMP family night out, 5 p.m., Chick-fil-A, 2600 Decker Blvd.

WEDNESDAY, AUG. 4

- Newcomers’ orientation/re-entry brief, 9 to 11:30 a.m., Post Conference Room
- H&R Block military spouse and wounded warrior scholarship seminar/employment, 11:30 a.m. to noon, Strom Thurmond Building, Room 222
- Phase II LEVY briefing, 2:30 to 3:30 p.m., Strom Thurmond Building, Room 213

THURSDAY, AUG. 5

- AER commander’s referral training, 9 to 10:30 a.m., Education Center, Room B303
- Lunch and learn parenting potluck, 10 to 11:30 a.m., 5614 Hood St., Room 8
- English as a Second Language, 1 to 3:30 p.m., Strom Thurmond Building, Room 222 (every Thursday, except holidays)
- EFMP Bouncerific, 4 to 7 p.m., 921 Longtown Road, Suite B (pick up free tickets at ACS)

SATURDAY, AUG. 7

- EFMP annual cookout, 10 a.m. to 1:30 p.m., Balfour Beatty Community Center

TUESDAY, AUG. 10

- Instructor lead intro to MS PowerPoint, 9 a.m. to noon, call 751-4862 for location (for military spouses only)
- Baby Basics (Part 1), 10 a.m. to noon, Joe E. Mann Center, conference room
- EFMP bowling, 4 to 6 p.m., Century Lanes (\$1

per game; \$1 for shoes)

WEDNESDAY, AUG. 11

- Job search strategies, 8:30 a.m. to noon, Strom Thurmond Building, Room 222

THURSDAY, AUG. 12

- Resume writing/interviewing skills, 8:30 a.m. to noon, Strom Thurmond Building, Room 222

FRIDAY, AUG. 13

- Deployment support children and youth re-union/reintegration training, 9 to 11 a.m., Family Readiness Center
- Reset Readiness Group training exercise, 11 a.m. to noon, Family Readiness Center

MONDAY, AUG. 16

- FRG leader training — team building, group dynamic, 9 a.m. to noon, Family Readiness Center

TUESDAY, AUG. 17

- Reset training workshop, 8:30 a.m. to 4 p.m., Family Readiness Center
- Instructor lead intro to MS Word, 9 a.m. to noon, call 751-4862 for location (for military spouses only)
- Positive Parenting 101, 10 a.m. to noon, Joe E. Mann Center, conference room
- Evening breastfeeding support group, 5:15 to 6:30 p.m., 5615 Hood St., Room 8

WEDNESDAY, AUG. 18

- Personal financial readiness for first termers, 8:30 a.m. to 4:30 p.m., Education Center, Room B302
- H&R Block military spouse and wounded warrior scholarship seminar/employment, 9 to 9:30 a.m., Strom Thurmond Building, Room 222
- SOS basic investing class for survivors, 10 a.m., Family Readiness Center
- Phase II LEVY briefing, 2:30 to 3:30 p.m., Strom Thurmond Building, Room 213

THURSDAY, AUG. 19

- Financial/relocation initial PCS class, 9 to 10:30

a.m., Education Center, Room B302

- OP Ready Spouse Battlemind training, 6 to 8 p.m., Family Readiness Center

FRIDAY, AUG. 20

- SOS Spouse Support Group meeting, 10:30 a.m., call 751-4867 for location

TUESDAY, AUG. 24

- Commanders FRG seminar, 9 to 11:30 a.m., Family Readiness Center
- Baby Basics (Part 2), 10 a.m. to noon, Joe E. Mann Center, conference room

WEDNESDAY, AUG. 25

- Steps to federal employment, 9 a.m. to noon, Strom Thurmond Building, Room 222

THURSDAY, AUG. 26

- EFMP Teddy Mountain Village at Sandhill, 4:30 to 6:30 p.m., registration required by Aug. 24 (free teddy bear)

FRIDAY, AUG. 27

- Key caller training, 1:30 to 3:30 p.m., Family Readiness Center
- SOS Parents Support Group meeting, 2 p.m., call 751-4867 for location
- EFMP spa event, 4 to 7 p.m., Joe E. Mann Center, call 751-5256 for details

TUESDAY, AUG. 31

- AFTB Level I course (Part 1), 8 a.m. to 4 p.m., call 751-6315 to register, (Part 2: Sept. 1, 8 a.m. to 4 p.m.)
- Helping Hero — job skills training for military spouses, 10 to 11 a.m., Strom Thurmond Building, Room 222
- Hearts Apart Support Group, 4 to 5:30 p.m., Family Readiness Center (date subject to change, call 751-1124)

All ACS classes require registration and are subject to change. For more information and to register, call 751-5256/4862/6325.

The Family Readiness Center is located at 3499 Daniel Circle.

Calendar

Friday
Motorcycle Safety Day
11 a.m. to 3 p.m., Solomon Center

Saturday
Myrtle Beach trip
8 a.m. to 8 p.m.
Call 751-3484 for information.

Monday
PROPS children’s play auditions
10 a.m. to noon, 5614 Hood St.
Open to children 6 to 18 years old. Those selected will rehearse four hours, Monday through Friday and perform two 45-minute on-stage plays. Must be registered with Child, Youth and School Services.

Wednesday
SKIESUnlimited dance recital
6 p.m., Joe E. Mann Center ballroom
SKIESUnlimited has partnered with the Columbia City Jazz Dance Company for its summer dance recital. Family and friends are invited to attend. Refreshments will be served immediately afterward.

Thursday, Aug. 5
Teen Focus group
1 to 4 p.m., Family Readiness Center
Customer Management Services and Army Family Action Plan will host a focus group for teens to discuss ways to improve on-post quality-of-life issues. Refreshments will be served. Preregistration required by July 30. Call 751-4926 or 751-6315 to register.

Monday through Aug. 6
Vacation Bible School
9 a.m. to noon, Main Post Chapel
This year’s theme is “Go green for Jesus.” The event is for ages 5 to 12.

Friday, Aug. 6
Ride-A-Way pre-registration
9 a.m. to 4 p.m., Solomon Center
Pre-register for a Ride-A-Way bike ride scheduled for Aug. 7. Bike rentals and other resources also will be available.

Saturday, Aug. 7
Ride-A-Way community bike ride
8:30 a.m. to noon
Ride departs from the Solomon Center

Tuesday, Aug. 10
Immigration 101 workshop
9 to 11 a.m., Strom Thurmond building, Room 222
Attendees will learn about establishing permanent residency, citizenship and more. Call 751-1124 or e-mail Miranda.Broadus@us.army.mil for information. Registration is required.

Wednesday, Aug. 11
Retired Officers’ Wives Club coffee
10 a.m., Officers’ Club
ROWC membership coffee. No reservations required.

Thursday, Aug. 12
Military Chaplain’s Association meeting
Noon, Officers’ Club

Friday, Aug. 13
School and Sports physical day
Bring school physical forms and student shot records. Call 751-2273 to make an appointment.

Housing events

All events are held in the Community Center, 520 Brown Ave., unless otherwise specified. Call 738-8275 for information.

Today
Gulf Oil Spill Awareness
3 p.m.
Children 5 to 14 years old can experience a cool and educational science project to explain the oil spill and how to help with relief efforts.

Tuesday
National Night Out/Back-to-School Bash
5 to 8 p.m.
Come out for free food, McGruff the Crime Dog, balloon art, face painting and more.

Announcements

HIRED! APPRENTICESHIP
The HIRED! Apprenticeship Program and Army Community Services are training teens for the next HIRED! Apprenticeship session. Training sessions are on Thursdays: 6:30 to 7:30 p.m., today and Aug. 12, at the Youth Services Center; or 10 a.m. to noon, Aug. 5 and Aug. 12, at the ACS Office, Strom Thurmond Building, Room 223. The next apprenticeship session is scheduled from Aug. 25 to Nov. 20. Call 751-3977 for information.

HUNTING SEASON
Hunting season begins Sunday. To obtain the Hunter Education Course, visit <http://www.hunter-ed.com/sc/>.

COMMISSARY CLOSURE
The Fort Jackson commissary will close 4 p.m., Aug. 22 and reopen Wednesday, Aug. 5.

BRIGHT SKIES UPDATE
Following Friday’s last Bright SKIES class sessions, further classes are canceled until further notice as the SKIES building undergoes renovations. Call 751-7540/6777 for information.

COMMUNITY FIRST SUBMISSIONS
July is Community FIRST/AFAP submission month. All community members are encouraged to submit quality-of-life issues. Issues may be submitted online at www.jackson.army.mil/wellbeing/survey.htm. Unresolved issues will be discussed at the fourth quarter Installation Action Council/AFAP steering committee meeting. Call 751-4926 or e-mail Dennis.Ramirez2@us.army.mil for information.

mation.

SURVIVOR OUTREACH SERVICES
Survivors of service members who died while on active duty can use Survivor Outreach Services for assistance with benefits and finances. Call 751-4867/5256 or e-mail Leslie.S.Smith@us.army.mil.

FUN FACTOR 2010
Child, Youth and School Services will sponsor a Fun Factor program through Aug. 6, from 9 to 11 a.m., Monday, Wednesday and Friday at the C.C. Pinckney Elementary School cafeteria and playground; and 9 to 11 a.m., Thursday at Patriot Park.

Activities include math, science, sports/fitness, arts & crafts, dramatic play, story time, singing and cold-cooking. Activities are designed for children 4 and older. Children 6 and younger must be accompanied by a parent. Free lunch will be provided by post schools from 11 a.m. to 12:30 p.m.

SUMMER NUTRITION PROGRAM
Free summer meals will be offered to children younger than 18 through Aug. 6 at C.C. Pinckney Elementary School and Brown Avenue Community Center. Serving time for both venues is 11:30 a.m. to 12:30 p.m. A list of additional sites is available at www.richlandone.org and www.richland2.org. Call (843) 846-6105 for information.

JR. SKIES OFFERINGS
Jr. SKIES programs are scheduled throughout the summer. The programs are for children 3 to 6 and are Monday through Friday. Golf runs Aug. 2-6, 9:30 to 10:30 a.m. at the Youth Sports Complex. Call 751-6777/7540 for costs.

DSS GRADUATION CHANGE
Effective Aug. 12, graduations for the U.S. Army Drill Sergeant School will be scheduled for 1 p.m., Thursdays.

THRIFT SHOP UPDATES
The Thrift Shop is interviewing for a manager and a clerk. Contact the Thrift Shop during business hours at 787-2153 for information. The Thrift Shop is open 9 a.m. to 3 p.m., Tuesday and Wednesday; and 9 a.m. to 5 p.m., Thursday.

YOUTH TECHNOLOGY LABS
Fort Jackson youth in grades six through 12 now have access to computers in the youth technology labs. The middle school program lab hours are 2:30 to 5:30 p.m., Monday through Friday at the Pinckney Elementary Annex Building. The teen program lab hours are 6 to 9 p.m., Monday through Friday, and 2 to 6 p.m., Saturday, at the Youth Center. Call 751-4865/6387 for more information.

COME SEE YOUR ARMY TOURS
“Come see your Army” tours are scheduled for Aug. 19 and Oct. 21. The tours provide the community with an opportunity to attend a Basic Combat Training graduation; observe Soldiers in training; get hands-on experience with a state-of-the-art weapons simulator system; eat lunch in a military dining facility; and shop for souvenirs. Call 751-1474/5327 to register. Reservations required at least one week in advance.

CALLING SYSTEM CHANGE
The Fort Jackson on-post calling system has changed. To make a call to an on-post phone number, dial 751-XXXX. To make a local call, dial “99” before dialing the off-post phone number. To make a long distance call, dial “97-1” before dialing the long distance number, including area code. The DSN prefix is “94.”
Quick reference labels can be picked up at the Network Enterprise Center at building 4282. Call 751-GNEC or 751-DOIM for information.

CIVILIAN TAX WITHHOLDING
Now is a good time for civilian employees to review their tax withholding information. Verify that deductions are being withheld for the correct state and locality taxes. Changes may be made via MyPay. Call 800-538-9043 for information.
Visit the community calendar at www.jackson.army.mil.

Off-post events

FOREST ACRES FARMERS MARKET
The Forest Acres Farmer’s Market is open 3 to 7 p.m., every Wednesday until Oct. 27 on the 3rd level parking deck of the Richland Mall.

MOVIES IN THE PARK
Movies in the Park is scheduled for Aug. 20 at North Springs Park. The free event, organized by Awaken Church, is open to the public and features a free movie on a giant screen, free drinks and other refreshments. Food donations, including canned food, are also being accepted. The event benefits the Harvest Hope Food Bank and A Home in Haiti. Take lawn chairs or blankets to sit on. Gates to North Springs Park open at 7:30 p.m., and the movie begins at sunset.

NASCAR MILITARY DAY
Darlington Raceway is sponsoring Military Day Aug. 14. Admission for military ID card holders is \$10, which also includes a pre-race pit pass. The regular price is \$25. Children younger than 12 are admitted free.

FREE MUSEUM ADMISSION
The National Wild Turkey Federation is offering free admission to its Winchester Museum to all active duty military personnel and their families through Labor Day. The museum is located at 770 Augusta Road, along Highway 25, in Edgefield. The museum is open 8:30 a.m. to 5 p.m., Monday through Friday.



Kyle Osmolinski, a family member, takes a NASCAR driver's seat as Dean Rauch, tour guide at Raceworld USA, explains the seat's safety features. About 300 service members visited Cornelius, N.C., Saturday for a trip sponsored by the USO.

Soldiers cruise on weekend trip

By SUSANNE KAPPLER
Fort Jackson Leader

Throughout the week, Sgt. Keven Smith, Warrior Transition Unit, is busy with his military schedule, which he said leaves little time to spend with his wife, Tabatha. When the opportunity came up to spend a day in North Carolina, enjoying a cruise on Lake Norman, visiting a racing garage and savoring free food and drinks, Smith and his wife didn't hesitate to sign up.

Smith was one of about 300 service members from the Carolinas, including Soldiers from Fort Jackson, who embarked on the trip to Cornelius, N.C. Saturday. The trip was sponsored by the United Service Organizations, or USO, and local volunteers who donated their services and time to create a memorable experience for the troops.

"I think it's great that they try to give a little bit back," Smith said about the volunteers. "These guys donate their time and didn't have to. That means a lot."

The Soldiers had a chance to tour Raceworld USA, the garage of NASCAR's Michael Waltrip Racing team before embarking on a cruise on the lake, which featured entertainment by local and national artists.

Sheila Waskow, vice president of op-

erations with the USO North Carolina, said the event allows residents of the Charlotte area to express their support to the military.

"This area is not a (military) community," Waskow said. "This community and the USO of North Carolina want you guys to know how much we care about you. Even though you're not our neighbors, we're certainly your biggest fans."

Col. Kevin Shwedo, Fort Jackson's deputy commanding officer, said the trip is a good example of the relationship between the post and outside communities.

"We really appreciate the support of the greater Columbia and Carolina communities. They band together to provide opportunities for our Soldiers and family members to attend events they would not normally get to see," Shwedo said. "These activities significantly enhance the quality of life of each of our Soldiers, especially those that have recently redeployed or have been notified they will soon deploy. No other community has so much to offer."

For Smith, who recently redeployed from Afghanistan, the day was a success.

"My wife and I spending time together was worth it," he said.

Susanne.Kappler1@us.army.mil



During a visit to Raceworld USA, the garage for Michael Waltrip Racing, the service members had a chance to explore the work areas and get a close look at the race cars, such as the ones pictured. The cars shown belong to David Reutimann, driver of the 00 car in the NASCAR Sprint Cup Series.



Sgt. Wayne DeWitt, Warrior Transition Unit, relaxes on board the N 2 Deep charter boat on Lake Norman, N.C.

Photos by SUSANNE KAPPLER

Fort Jackson 2010 Water Quality Report

From Palmetto State Utilities Services Inc.

Fort Jackson purchases its drinking water from the City of Columbia. The city treats surface water from the Broad River and provides this water to Fort Jackson through its distribution system.

The whole installation of Fort Jackson is divided into two separate areas, the Cantonment Area and the training areas.

The Cantonment Area receives its water from the City of Columbia, particularly from the Broad River. It comes on post already treated, so Fort Jackson does its part to maintain that level of treatment.

The training areas are served by nine different wells. The water is hauled via water trucks marked potable water and transferred into the black containers at the various training areas.

All drinking water may contain contaminants. When drinking water meets federal standards, there may not be any health based benefits to purchasing bottled water or point of use devices.

Drinking water, including bottled water, may reasonably be expected to contain at least small amounts of some contaminants. The presence of contaminants does not necessarily mean water may be a health risk.

More information about contaminants and potential health effects can be obtained by calling the EPA's Safe Drinking Water Hotline (1-800-426-4791).

In order to ensure that tap water is safe to drink, EPA prescribes regulations which limit the amount of certain contaminants in water provided by public water systems. FDA regulations establish limits for contaminants in bottled water which must provide the same protection for public health.

Fort Jackson and the South Carolina Department of Health and Environmental Control routinely monitor drinking water for contaminants according to federal and state requirements.

EPA and DHEC administer and enforce the rules and regulations pertaining to drinking water quality.

The sources of drinking water (both tap water and bottled water) include rivers, lakes, streams, ponds, reservoirs, springs, and wells.

As water travels over the surface of the land or through the ground, it dissolves naturally occurring minerals and, in some cases, radioactive material, and can pick up substances resulting from the presence of animal or human activity.

CONTAMINANTS IN DRINKING WATER SOURCES MAY INCLUDE:

— Microbial contaminants, such as viruses and bacteria, which may come from sewage treatment plants, septic systems, agricultural livestock operations and wildlife.

— Inorganic contaminants, such as salts and metals, which can be naturally-occurring or result from urban storm water runoff, industrial or domestic wastewater discharges, oil and gas production, mining and

| Palmetto State Utility Services - Source Water Quality | | | | | | | |
|---|-------------|------|--------------------|-------------|----------------|--------------|---|
| Primary Standards - Health Based (units) | PRIMARY MCL | MCLG | Range of Detection | Level Found | MCL Violation? | Year Sampled | Typical Source of Constituent |
| Turbidity - Lake Plant | | | | | | | |
| Highest single measurement of the Treated Surface Water (NTU) | TT = 1.0 | | n/a | 0.1 | No | 2009 | Naturally occurring in the environment |
| Lowest Percent of all Monthly Readings less than 0.3 NTU (%) | TT = 95 | | n/a | 100% | No | 2009 | Naturally occurring in the environment |
| Turbidity - Canal Plant | | | | | | | |
| Highest single measurement of the Treated Surface Water (NTU) | TT = 1.0 | | n/a | 1.69 | Yes | 2009 | Naturally occurring in the environment |
| Lowest Percent of all Monthly Readings less than 0.3 NTU (%) | TT = 95 | | n/a | 98.92% | No | 2009 | Naturally occurring in the environment |
| Inorganic Constituents | | | | | | | |
| Chlorite (Lake Plant) (mg/L) | 1 | 0.8 | 0.200 - 0.537 | 0.537 | No | 2009 | Byproduct of drinking water chlorination |
| Chlorite (Canal Plant) (mg/L) | 1 | 0.8 | 0.307 - 0.810 | 0.810 | No | 2009 | Byproduct of drinking water chlorination |
| Fluoride (mg/L) | 4.0 | 4 | 0.79 - 0.90 | 0.85 | No | 2009 | Naturally occurring in the environment by erosion of natural deposits and added at the treatment plant as an aid in preventing tooth decay. |
| Nitrate/Nitrite (as Nitrogen) (mg/L) | 10 | 10 | 0.060 - 0.43 | 0.25 | No | 2009 | Runoff from fertilizer use, leaching from septic tanks, sewage, erosion of natural deposits. |

farming.

— Pesticides and herbicides, which may come from a variety of sources such as agriculture, urban storm water runoff and residential uses.

— Organic chemical contaminants, including synthetic and volatile organic chemicals, which are by-products of industrial processes and petroleum production, and can also come from gas stations, urban storm water runoff and septic systems.

— Radioactive contaminants, which can be naturally occurring or be the result of oil and gas production and mining activities.

FOR PEOPLE WITH SENSITIVE IMMUNE SYSTEMS:

EPA and DHEC have determined that Fort Jackson's drinking water is safe for consumption. Some people may be more vulnerable to constituents in the water than the general population.

Immunocompromised people, such as those with cancer undergoing chemotherapy, people who have had organ transplants, people with HIV/AIDS or other immune system disorders, some elderly people and infants can be particularly at risk of infections. These people should seek advice about drinking water from their healthcare providers.

The EPA and the Centers for Disease

Control guidelines on appropriate means to lessen the risk of infection by Cryptosporidium and other microbial contaminants are available from the EPA's safe drinking water hotline at 1-800-426-4791.

Testing has revealed no signs of Cryptosporidium in either Fort Jackson's or the City of Columbia's drinking water.

SAMPLING RESULTS

Our drinking water meets or exceeds all EPA drinking water requirements. This report is a summary of the quality of the water we provide our customers. The analysis was made using data from the most recent U.S. Environmental Protection Agency required tests and is presented in the included pages.

We hope this information helps you become more knowledgeable about what's in your drinking water.

Although all the substances listed here are under the Maximum Contaminant Level, it is important that you know exactly what was detected and how much of the substance is present in the water. Compliance (unless otherwise noted) is based on the average level of concentration being below the MCL.

The state allows us to monitor for some contaminants less than once per year because the concentrations do not change frequently. Some of our data, though representative, are more than a year old.

TURBIDITY VIOLATION

On April 1, 2009, the Canal Water Treatment Facility experienced a brief filtered water turbidity exceedance due to deviations in chemical fee.

We took corrective actions to include necessary treatment plant flow adjustments, increased monitoring frequency, and prompt notification.

The filtered water turbidity quickly fell below the standard of 1.0 NTU and has remained compliant since April 1, 2009.

LEAD

In accordance with DHEC regulation R.61.58.11 (H), lead and copper samples are taken every three years. If present, elevated levels of lead can cause serious health problems, especially for pregnant women and young children.

Lead in drinking water is primarily from materials and components associated with service line and home plumbing. The City of Columbia is responsible for providing high quality drinking water, but cannot control the variety of materials used in plumbing components.

When your water has been sitting for several hours, you can minimize the potential for lead exposure by flushing your tap for 30 seconds to 2 minutes before using water for drinking or cooking.

If you are concerned about lead in your water, you may wish to have your water tested. Information on lead in drinking water, testing methods, and steps you can take to minimize exposure is available from the Safe Drinking Water hotline or at <http://www.epa.gov/safewater/lead>.

Continued on next page



| Palmetto State Utility Services - Distribution Water Quality | | | | | | | |
|--|--|--------------|--|--|----------------|------|--|
| Microbiological Constituents (units) | PRIMARY MCL | MCLG | Range | Level Found | MCL Violation? | | Typical Source of Constituent |
| Total Coliforms | 1 positive monthly sample | 0 | n/a | 1 | No | 2009 | Naturally present in the environment |
| Fecal Coliform or E. coli | A routine sample and a repeat sample are total coliform positive, and one is also fecal coliform or E. coli positive | 0 | n/a | 1 | No | 2009 | Naturally present in the environment |
| Disinfection Byproducts Precursors (units) | PRIMARY MCL (MRDL) | MCLG (MRDLG) | Range of Detection | Highest 4-Quarterly Average | MCL Violation? | | Typical Source of Constituent |
| Residual Chlorine [as Cl ₂] (mg/L) | (4) | (4) | ND - 4.0 | 2.02 (Highest Quarterly Average) | No | 2009 | Water additive used to control microbes |
| Chlorine dioxide (Lake Plant) (ug/L) | (800) | (800) | 3 - 244 | 244 | No | 2009 | Water additive used to control microbes |
| Chlorine dioxide (Canal Plant) (ug/L) | (800) | (800) | 0 - 210 | 210 | No | 2009 | Water additive used to control microbes |
| HAA5 [Total of five Haloacetic Acids] (ug/L) | 60 | 0 | 3.2 - 37.5 | 36.4 | No | 2009 | Byproduct of drinking water chlorination formed when chlorine reacts with organic matter |
| THMs [Total of four Trihalomethanes] (ug/L) | 80 | 0 | 20.9 - 39.4 | 36.0 | No | 2009 | Byproduct of drinking water chlorination formed when chlorine reacts with organic matter |
| Disinfectant & Disinfection Byproducts (units) | PRIMARY MCL (MRDL) | MCLG (MRDLG) | Range | Level Found | MCL Violation? | | Typical Source of Constituent |
| Total Organic Carbon [TOC] - Lake Plant | TT | | 39.60% - 46.30% Removal | 43.46% Removal (36.67% Removal Required) | No | 2009 | Naturally occurring in the environment |
| Total Organic Carbon [TOC] - Canal Plant | TT | | 40.10% - 58.50% Removal | 45.85% Removal (36.67% Removal Required) | No | 2009 | Naturally occurring in the environment |
| Inorganic Constituents (units) | ACTION LEVEL | MCLG | Range of Detection | 90th % Level | MCL Violation? | | Typical Source of Constituent |
| Copper (mg/L) | 1.3 | 0 | None of the 49 sites sampled exceeded the Action Level | 0.1 | No | 2008 | Corrosion of household plumbing systems and naturally occurring in the environment. |
| Lead (ug/L) | 15 | 0 | One of the 49 sites sampled exceeded the Action Level | 0 | No | 2008 | Corrosion of household plumbing systems and naturally occurring in the environment. |

DEFINITION OF TERMS

MAXIMUM CONTAMINANT LEVEL

The highest level of a contaminant that is allowed in drinking water. MCLs are set as close to the maximum contaminant level goals as is economically and technologically feasible. Secondary MCLs are set to protect the odor, taste and appearance of drinking water.

MAXIMUM CONTAMINANT LEVEL GOAL

The level of contaminant in drinking water below which there is no known or expected risk to health. Maximum contaminant level goals are set by EPA. MCLGs allow for a margin of safety.

MAXIMUM RESIDUAL DISINFECTANT LEVEL

The level of a disinfectant added for water treatment that may not be exceeded at the consumer’s tap. There is convincing evidence that addition of a disinfectant is necessary for control of microbial contaminants.

MAXIMUM RESIDUAL DISINFECTANT LEVEL GOAL

The level of a disinfectant added for water treatment below which there is no known or expected health risk. MRDLGs are set by EPA. MRDLGs do not reflect the benefits of the use of disinfectants to control microbial contamination.

PRIMARY DRINKING WATER STANDARD

MCLs for contaminants that affect health, along with their monitoring and reporting requirements, and water treatment requirements.

ACTION LEVEL

The concentration of a contaminant which, if exceeded, triggers treatment or other requirements which a water system must follow.

TREATMENT TECHNIQUE

A required process intended to reduce the level of a contaminant in drinking water.

Continued from previous page

SAFEKEEPING OF WATER SUPPLIES AND FACILITIES

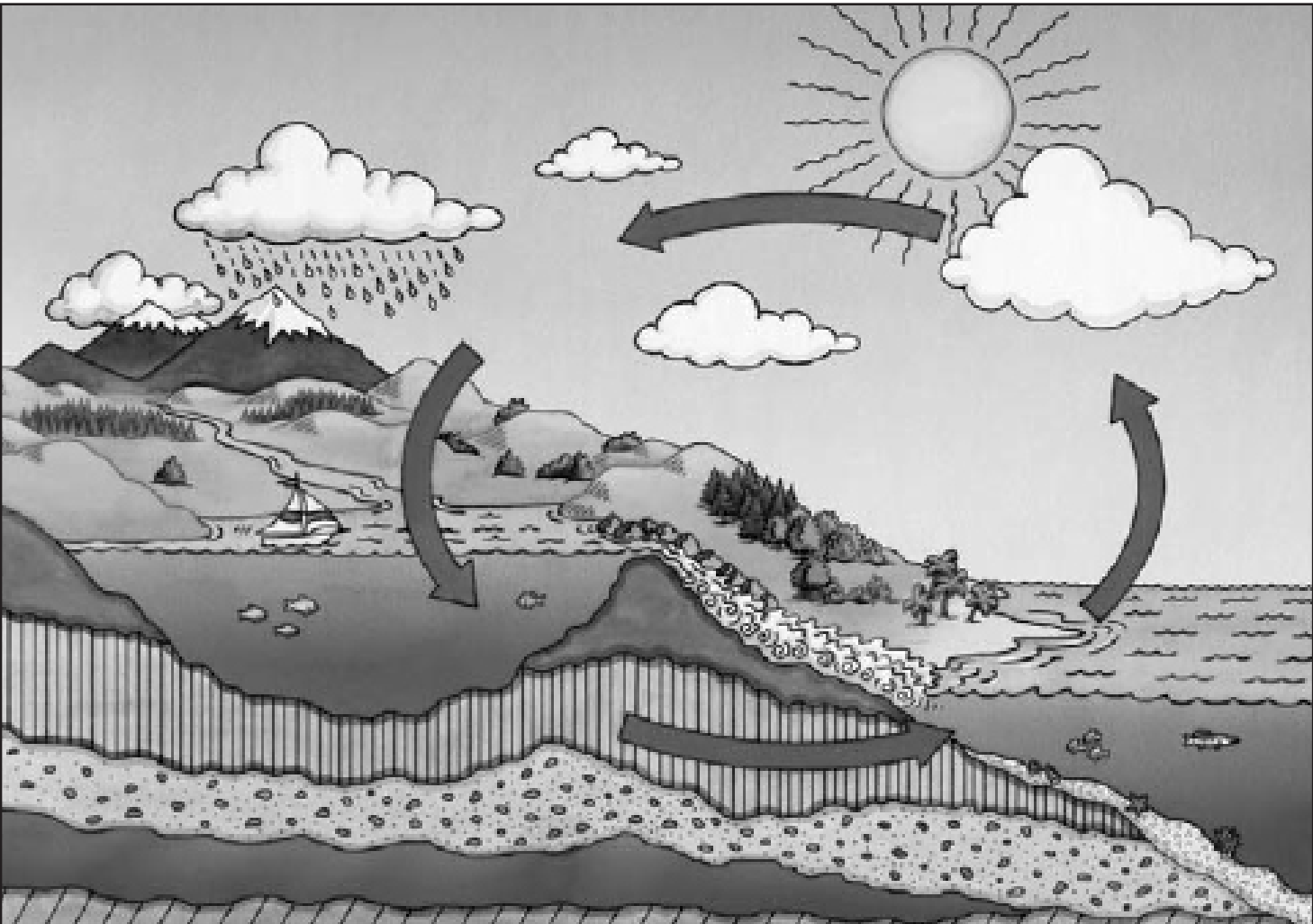
To reduce the risk of terrorism affecting local water supplies and distribution systems, Palmetto State Utility Services, Inc. is working with force protection to follow recommendations from the Federal Bureau of Investigation, the United States Environmental Protection Agency and the American Water Works Association.

Although water systems have a low relative likelihood of experiencing terrorist acts, these agencies advise that water systems should guard against unplanned physical intrusion, review emergency response plans, and increase vigilance. Palmetto State Utility Services, Inc. has taken all these steps and is continuing to look for additional safety improvements.

IF YOU HAVE QUESTIONS

For information about your water quality or to find out about upcoming opportunities to participate in public meetings, please contact David Wiman, Utility Manager, at (803) 790-7288.

For more information about health effects of the listed constituents in the enclosed tables, call the EPA hotline at 1-800-426-4791.



FIRST RESPONDER

The following are incidents compiled from reports, complaints or information received from the Fort Jackson Provost Marshal Office.

The incidents reflected are not an adjudication attesting to the guilt or innocence of any person and are provided for informational and reflective purposes only.

Col. Ronald F. Taylor

Director,

Emergency Services/Provost Marshal

Sgt. Maj. Glen W. Wellman III

Provost Sergeant Major

Billy Forrester

Fire Chief

CASES OF THE WEEK

❑ A civilian was issued a three-year bar letter in connection with the theft of a pair of sunglasses from the Main PX, Military Police said. The civilian was also charged with shoplifting. The sunglasses cost \$45, MPs said.

❑ A civilian was cited for driving with an open container after she attempted to enter the installation with the container in her vehicle, MPs said. The civilian was administered sobriety tests, which she passed.

❑ A civilian was cited for transporting



passengers unlawfully after MPs stopped him for allowing passengers to ride in the bed of his truck, MPs said. Fort Jackson policy prohibits passengers from riding in the back of trucks.

TIP OF THE WEEK

GPS devices have always been a popular target, tempting thieves to break in windows and steal them if they are left in plain view.

To reduce this temptation, always make sure that the GPS is hidden from view when not in use. Keep it in the glove compartment along with the mount in order to leave no indication that it is in the vehicle.

The same goes for purses and wallets. If they must be left in the car, slide them under

FORCE PROTECTION THOUGHT OF THE WEEK

10 KEY INDICATORS OF POTENTIAL TERRORIST ASSOCIATED INSIDER THREATS



9. Active attempts to encourage others to violate laws, disobey lawful orders or regulations, or disrupt military activities.

the seat to keep them from plain view. It is important never to leave anything of value lying out in the open.

As always, it is important to keep the vehicle secured at all times. If a thief doesn't easily see something worth stealing, he or she is likely not to take the risk to check.

Bike thefts are another problem. Just putting a bike in front of the house or even locking it down is not enough to prevent theft. Keep the bike indoors, especially at

night. During the day, make sure the bike is locked and securely chained to something.

crimestoppers
1-888-559-TIPS
www.midlandscrimestoppers.com

Don't let a heat injury take you out of the fight

- Call 911 at the first sign of heat injury (including mental status change).
- Use ice sheets
- Give the Soldier sips of water
- Monitor him or her at all times.

Emergency numbers:

Cell phone users: 803-751-9111.

Alternate 1: Range control via radio.

Alternate 2: Range control at 751-7171/4732.

Alternate 3: MP desk at 751-3113/3114/3115.

Never leave the Soldier unattended!

911 & ICE:

At the first sign — every time.



**Follow the *Fort Jackson Leader* on
Twitter at <http://twitter.com/FortJacksonPAO>
for breaking news, videos and more.**

EDGE!, recreation division partner for youth activities

By **THERESA O'HAGAN**
Family and MWR

Parents and youth flocked to Semmes Lake in June for the post's first Youth Fishing Derby, the product of a successful partnership between the EDGE! program Family and Morale, Welfare and Recreation's Community Recreation Division, Outdoor Recreation.



"We've been trying to schedule EDGE! programs that can feed into Outdoor Rec events like "Reel in the Fun," which ended with the youth fishing derby or the biking package that led into the bike rodeo," said Beverly Metcalfe, EDGE! partnership coordinator. "We ended up with 93 children at the fishing derby, which was very successful for a first-time event."

The EDGE! stands for Experience, Develop, Grow and Excel and is an after school program for children and youth, ages 6 to 18, offered from 3 to 6 p.m. within Family and MWR partner facilities. The monthly program packages offer exciting and innovative ways for school age children and youth to spend their time in the afternoons. EDGE! offers different interest packages each month.

EDGE! programs are free for 11 to 18 year olds. Children 6 to 10 years old, pay \$5 per hour and may attend for the entire month or selected weeks during the

month.

Another recent — and popular — EDGE! offering was a kite making and flying class, which culminated with a Kite Fest.

"We had people come out of nowhere for Kite Fest," said Brent Bookman, recreation programmer.

"Through our partnership with EDGE!, we hope to build youth interest that will translate to adult interest in both the immediate future and when the youth grow older."

Although the programs are free for most attendees, because EDGE! is funded based

on participation, once a child has been registered to attend a particular package it is important that he or she attend.

"We realize for the majority of our families who use the EDGE program, it is free, so possibly they do not understand the impact when their child is not there," Metcalfe explained. "Once our roster is full, we cut off registration. When a child registers for the program and doesn't attend, he is taking a space away from a child who would like to at-

tend."

Metcalfe says she plans the program according to the number of children who are registered. The EDGE! program limits most of its packages to 15 children.

"We realize sometimes parents may have other commitments; family trips, doctor's appointments, etc.," Metcalfe said. "But if the parent could let us know by calling 751-3053 a day ahead, it would help us run the program more efficiently and save money, as well."

"This will help us keep the EDGE program alive and free for the majority of its users," she added.

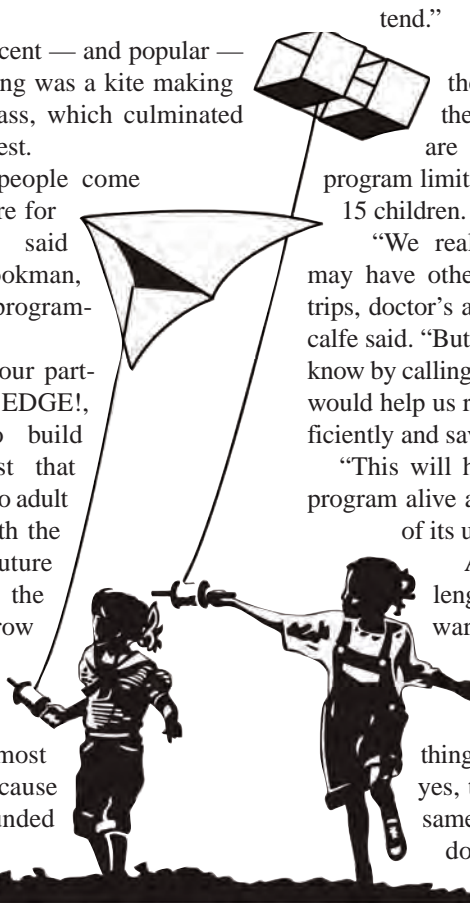
Aside from those challenges, EDGE has been a rewarding program for youth and Outdoor Recreation.

"It's rewarding to help youth learn something new, showing youth that yes, they can do many of the same things their parents can do, and showing youth there is fun outside and away from a videogame

system," Bookman said.

Bookman and Metcalfe said they look forward to bringing more outdoor adventures to youth and their parents.

"We plan on bringing fun and exciting programs to the youth of Fort Jackson. We hope they look forward to and want to participate in all our activities. Each package builds on the next so the youth continue to learn something new and this makes it more rewarding," Bookman said.



Current EDGE! classes

❑ **Bananarama** — 3:30 to 5 p.m., Mondays, 5955-D Parker Lane. Learn to make various treats using bananas. For ages 9-15.

❑ **Animation Station** — 4 to 6 p.m., Tuesdays, 5955-D Parker Lane. Learn how animation works, using flip books and computer software, and create an animated short film. For ages 11-18.

❑ **Wet & Wild Wednesday** — 3:45 to 6 p.m., starting Wednesday, 5955-D Parker Lane. Take a trip to Weston Lake and go out on a paddle boat, canoe, kayak or just swim. The program culminates with a cookout. For ages 10-16.

❑ **Toon Time** — 3:30 to 5 p.m., starting Wednesday, 5955-D Parker Lane. Learn to draw cartoons from an expert. For ages 10-15.

❑ **Let 'er Roll Bowling** — 3:30 to 5 p.m., starting Wednesday, Century Bowling Center. Learn to bowl like the pros.

Wrap up with a bowling tournament and pizza party. For ages 8-15.

❑ **Clever Clay Creations** — 3:30 to 5 p.m., 5955-D Parker Lane. Make jewelry, animals, people, bowls and much more. For ages 9-15.

❑ **Around the World with EDGE!** — 3:30 to 5 p.m., starting Aug. 6, 5955-D Parker Lane. Play games, cook dishes, make crafts from different countries. For ages 8-14.

The EDGE! offers free classes as part of the Army Middle School and Teen Initiative for those 11 years old. For children 9 and 10, classes are \$5 per hour. Register online at <https://webtrac.mwr.army.mil> or at Parent Central Services, 3392 Magruder Ave. "Like" the Fort Jackson EDGE program on Facebook. Door-to-door transportation also available. Call Beverly Metcalfe at 751-3053 for information.

FMWR calendar

THURSDAY

- ❑ Visit Century Lanes for food, fun and bowling.
- ❑ Visit the Officers' Club, 11 a.m. to 1:30 p.m. for Mongolian BBQ buffet.
- ❑ Magruder's Pub and Club is open for lunch.
- ❑ Victory Bingo, 2 to 11 p.m.
- ❑ Sleepy story time, 6:30 to 7 p.m., post library. Come in your PJs, and go home ready for bed.

FRIDAY

- ❑ Visit the Officers' Club, 11 a.m. to 1:30 p.m. for the Blue Plate Specials.
- ❑ Victory Bingo, starts 2 p.m.
- ❑ Artistic Expressions with Jake, 6:30 p.m., Teen Room at the Youth Services Center.
- ❑ Dance to a variety of music provided by DJ Randall at Magruder's Club, 9 p.m. to 3 a.m. Magruder's Club is located in the back of Magruder's Pub. Cover charge is \$5 for civilians and \$3 for military. Be early for happy hour, 4:30 to 7 p.m. Appetizers are available, while supplies last.

SATURDAY

- ❑ Victory Bingo, starts 1 p.m.
- ❑ Step Team practice, 2 p.m., dance room at the Youth Services Center.
- ❑ Classic Soul Saturday, 9:30 p.m. to 2 a.m., Excalibur Room at the NCO Club. Cover charge is \$5 for civilians and \$3 for military.
- ❑ Buy one wing, get one free at Magruder's Club and Pub.

SUNDAY

- ❑ Victory Bingo, starts 10 a.m.
- ❑ Visit the Officers' Club, 11 a.m. to 1:30 p.m. for Sunday brunch. Coat and tie are not required. Call 751-4906 or 782-8761 for reservations.

WEDNESDAY

- ❑ Get your party on at the NCO Club, 8 p.m. Cost is \$5 for military, \$7 for civilians. New DJs. Join in for Morale Call 8 p.m. at the NCO Club's Liberty Lounge.
 - ❑ Wednesdays at Club NCO are now Working Women's Wednesdays with specials for the ladies, starting 10 p.m. Club NCO features three bars.
 - ❑ Karaoke night with Tom Marable, Magruder's Pub. Cost is \$3 for military, \$5 for civilians.
 - ❑ Victory Readers Club, 6-8 p.m., Post Library
 - ❑ Magruder's Pub and Club happy hour, 4:30 to 7 p.m.
- For a complete calendar of FMWR events, visit www.fortjacksonmwr.com.

ONGOING OFFERS

- ❑ The NCO Club breakfast is served 6 to 9 a.m., Monday through Friday. The cost is \$7 for adults and \$3.75 for children 4 to 10 years old.
- ❑ The Officers' Club is open for lunch Tuesday-Friday, 11 a.m. to 1:30 p.m.
- ❑ Child, Youth and School Services provides free child care and youth programming on Saturday for active-duty parents who must work as a mission requirement.

Get moving with Army weight program

By **LT. COL. PATRICIA MCKINNEY**
U.S. Army Public Health Command
(Provisional)

Do you struggle with maintaining a normal weight? If so, you are not alone. The proportion of overweight Americans has increased over the last decade and the proportion of those who are obese has doubled.

Just as the nation struggles with the obesity epidemic, so does the military community. Data analyzed from the Clinical Data Repository (patient height and weight records) in February 2009 showed that 68 percent of active-duty family members, retirees and retiree family members ages 17 and older are overweight, as defined by a body mass index of 25-29.9 or obese, defined as BMI greater than 30.

Obesity places an immense burden on the health and well-being of individuals, communities and health care

systems. Health and weight are connected. It is well established that being overweight or obese increases the risk of health conditions such as type 2 diabetes, high blood pressure and heart disease.

The good news is that these risks can be prevented and controlled by making positive lifestyle changes such as healthy eating and moving more.

Army MOVE! is a weight management program to help you lose weight, keep it off and improve your health. It is de-



Metrocreative Graphics photo

Army MOVE! is the Army's weight management program.

signed to help you discover nutrition and physical activity strategies that will get you started on your "weigh to success."

The program offers real-time sessions online or face-to-face in a medical treatment facility or wellness center, coached by registered dietitians and other healthcare providers. In addition, participants have access to self-management tools to include a customized individualized report identifying obstacles to weight management.

With an Army Knowledge Online account, Soldiers, retirees, family members and DOD civilians can all access Army MOVE! Direct URL is <https://www.us.army.mil/suite/page/248187>.

Editor's note: Lt. Col. Patricia McKinney is an Army Public Health Nurse with the U.S. Army Public Health Command (Provisional).

MACH updates

BLOOD SUGAR MONITOR

Moncrief Army Community Hospital offers Precision Xtra Advanced Diabetes Management System glucose meters. This monitor and the accompanying test strips, are the only type available at MACH. Call 751-2385/2451 for information.

DFAC UPDATE

Renovations at the MACH dining facility are ongoing. Staff and visitors can eat and be served in the dining area. The DFAC is located on the fourth floor.

PATIENT ENROLLMENT

While MACH is currently unable to enroll adult active duty family members, there are open pediatric TRICARE Prime enrollment spaces for active duty families.

Other family members may choose from a list of primary care managers who are in the TRICARE Prime civilian network.

OUTPROCESSING

Soldiers must clear the Department of Behavioral Health, Army Substance Abuse Program, Social Work Services prior to leaving the installation. Outprocessing includes a review of medical records and provides an opportunity for the Soldier to receive behavioral health care at his or her gaining installation.

Outprocessing hours are 2 to 3:30 p.m., Monday through Friday at MACH Room 10-71 or 10-103. For

more information, call 751-2235.

ORTHOPEDIC CLINIC

The MACH Orthopedic Clinic is currently scheduling only active-duty Soldiers for follow-up appointments. For assistance in obtaining orthopedic care, call the referral center at 751-2363.

SOCIAL MEDIA

Follow MACH on Twitter at www.twitter.com/machcsd. "Like" MACH by logging into Facebook and searching "Moncrief Army Community Hospital."

TRICARE ONLINE

TRICARE Online is an interactive site that offers Moncrief-enrolled TRICARE Prime beneficiaries the ability to book appointments with their primary care managers and receive information on MACH clinics and services. TRICARE online also offers a medication interaction checker, general health and wellness resources, and separate games and health information for children. Visit www.tricare.mil for information.

APPOINTMENTS

Call 751-CARE (2273) to make an appointment with a MACH provider. Call toll-free at 877-273-5584. To cancel an appointment after hours, call 751-2688. Visit the MACH Web page at <http://www.moncrief.amedd.army.mil> for more information.

PREVENTIVE HEALTH SERVICES

| TEST | AGE | HOW OFTEN |
|---|---|----------------------------------|
| Blood Pressure (Hypertension) | 18 and older | Every visit, or yearly |
| Cholesterol (Hyperlipidemia) | 35 and older | Every 5 years (normal levels) |
| Mammogram (Breast Cancer) | 40 and older (women) | Every year |
| Pap Smear (Cervical Cancer) | 21 and older (women) Sooner if sexually active | Every 1-3 years |
| Chlamydia (Chlamydial Infection) | 25 or younger (women) If sexually active | Yearly until 26 |
| Colonoscopy (Colon Cancer) | 50 and older | Every 5-10 years if normal |
| Stool Occult Blood (Colon Cancer) | 50 and older | Every year |
| Bone Mineral Density (Osteoporosis) | 65 and older (women) | Periodically |



Article submissions are due two weeks before publication. For example, an article for the Aug. 12 *Leader* must be submitted by today.

Announcements are due one week before publication.

For example, an announcement for the Aug. 12 *Leader* must be submitted by Aug. 5

E-mail submissions and announcements to FJLeader@conus.army.mil. Call 751-7045 for more information.

Address all questions regarding classified advertisements to Camden Media at 432-6157. Ads may be faxed to 432-7609.

For display ads, call Kathy at 786-5681.

Pass the soup for heavenly rewards

By **CHAPLAIN (MAJ.) GARY PAYNE**
U.S. Army Chaplain Center and School

Once there was a man who asked an old and wise rabbi, “Rabbi, what is the difference between heaven and hell?”

The rabbi, looking at the man intently, began to explain. “There was a man who died and went to hell. He appeared in a room that had a big pot of steaming soup,” he said. “The soup smelled good, too. In a circle, around the pot of soup, there was a group of people. They were starving to death. Skin and bones. They were in misery. Even though each had a long spoon to reach in the pot, they could not eat. The spoons were so long they could not get the soup to their mouths. The soup spilled to the ground.”

The man listening to the rabbi seemed puzzled. “So, Rabbi, what is heaven like?”

A smile came upon the rabbi’s face as he continued. “There was a man who died and went to heaven. He appeared in a room that had a big pot of steaming soup. The soup smelled good too. In a circle, around the pot of soup,

there was a group of people. They were fat and healthy. They were laughing and having a great time. They each had a long spoon to reach in the pot. As each person got a spoonful of the soup, he or she would extend it to the person sitting next to him or her. Each person knew how to feed each other.”

There are a lot of ideas about eternal punishments and rewards. However, to a degree, what is coming is an extension of what we are now. People who are self-serving are the most miserable. They suffer from jealousy, anger, and discontent. People who learn to feed others are the happiest.

In another parable, Jesus states, “Come, you who are

blessed by my Father; take your inheritance, the kingdom prepared for you since the creation of the world. For I was hungry and you gave me something to eat. I was thirsty and you gave me something to drink. I was a stranger and you invited me in. I needed clothes and you clothed me. I was sick and you looked after me. I was in prison and you came to visit me.”

As Jesus unfolded this picture, the righteous asked, “When did we see you hungry ... thirsty ... needing clothes?” The King will reply, “I tell you the truth, whatever you did for one of the least of these brothers of mine, you did for me.” (Matthew 25:31-46)

Folks who are the happiest are those who learn to reach out to the person next to them. Reaching outside of themselves, they learn what real life is.



PROTESTANT

- Sunday
 - 9 a.m. and 10:30 a.m. Magruder Chapel
 - 9 a.m. Daniel Circle Chapel (Gospel) service at the Post Theater
 - 9 a.m. Task Force Marshall Chapel, McCrady Training Center
 - 9:30 a.m. Main Post Chapel
 - 9:30 a.m. Solomon Center (Hispanic)
 - 9:40 a.m. Moncrief Army Community Hospital
 - 10:45 a.m. Post-wide Sunday School (Main Post Chapel)
 - 11 a.m. Memorial Chapel
 - 11 a.m. Chapel Next, Bayonet Chapel
 - Wednesday
 - 6 p.m. Prayer Service, Magruder Chapel
- Protestant Bible Study**
- Monday
 - 7 p.m. Women's Bible Study (PWOC — Main

- Post Chapel, Class 209)
- Wednesday
 - 7 p.m. Anderson Street Chapel
 - 7 p.m. Gospel mid-week prayer/Bible study, Magruder Chapel
 - 7 p.m. Gospel Congregation Youth (Magruder Chapel)
 - Thursday
 - 9:30 a.m. to noon Women's Bible Study (PWOC), Main Post Chapel
 - 6 p.m. Neighborhood CMF/OCF Bible Study (call 790-4699)
 - 7 p.m. LDS Bible Study (Anderson Chapel)
 - Saturday
 - 8 a.m. Men's Prayer Breakfast, Main Post Chapel (every second Saturday of the month in Chapel Fellowship Hall)
- Protestant Youth of the Chapel**
- Saturday
 - 11 a.m. Magruder Chapel (third Saturday)
 - Sunday
 - 5 p.m. Main Post Chapel
- CATHOLIC**
- Monday through Thursday
 - 11:30 a.m. Mass (Main Post Chapel)
 - Sunday
 - 8 a.m. Mass (Solomon Center)
 - 9:30 a.m. CCD (Education Center)
 - 9:30 a.m. Adult Sunday School

- 11 a.m. Mass (Main Post Chapel)
 - 12:30 a.m. Catholic Youth Ministry
 - 8 p.m. Task Force Marshall Chapel, McCrady Training Center
 - Wednesday
 - 7 p.m. Rosary
 - 7:30 p.m. RCIA/Adultry Inquiry
- ANGLICAN/LITURGICAL**
- Sunday
 - 8 a.m. Anderson Street Chapel
- ISLAMIC**
- Sunday
 - 8 to 10 a.m. Islamic Studies, Main Post Chapel
 - Friday
 - 12:30 to 1:45 p.m. Jumah Services, Main Post Chapel
- JEWISH**
- Sunday
 - 9:30 to 10:30 a.m. Memorial Chapel
 - 10:30 to 11:30 a.m. Jewish Book Study, Post Conference Room
- CHURCH OF CHRIST**
- Sunday
 - 11:30 a.m. Anderson Street Chapel

- LATTER DAY SAINTS**
- Sunday
 - 9:30 a.m. Anderson Street Chapel
- ADDRESSES, PHONE NUMBERS**
- Daniel Circle Chapel**
3359 Daniel Circle, corner of Jackson Boulevard, 751-4478
- Main Post Chapel**
4580 Strom Thurmond Blvd., corner of Scales Avenue, 751-6469
- Bayonet Chapel**
9476 Kemper St., 751-4542
- Family Life Chaplain**
4850 Strom Thurmond Blvd. (inside of Main Post Chapel), 751-5780
- Anderson Street Chapel**
2335 Anderson St., corner of Jackson Boulevard, 751-7032
- Education Center**
4581 Scales Ave.
- Magruder Chapel**
4360 Magruder Ave., 751-3883
- 120th AG Bn. Chapel**
1895 Washington St., 751-5086
- Memorial Chapel**
4470 Jackson Blvd., 751-7324
- U.S. Army Chaplain Center and School**
10100 Lee Road, 751-8050

Unauthorized use of non-tactical vehicles draws harsh penalties

By **AMANDA BREWSTER**
Office of the Staff Judge Advocate

The military provides numerous vehicles for both military and civilian personnel to use in non-combat situations. Many Soldiers will at some point be required to use one of these non-tactical vehicles, or NTVs, to perform their duties. There are a number of things drivers must remember while using these vehicles in order to ensure they are following Army regulations.

USES

The first thing to keep in mind is that NTVs may be used only for “official purposes.” Official purposes may be: transportation to and from official ceremonies (like changes of command, promotions, and retirements), after-hours functions, appointments scheduled by the Army (as opposed to appointments scheduled by the Soldier), authorized activities (like sponsored athletic teams, morale, welfare, and recreation groups, and patient therapeutic programs), transporting people on emergency leave to the nearest commercial transportation site and, in certain situations, transporting personnel in receipt of valid TDY orders. A complete list can be found in AR 58-1.

NTVs may not be used for transportation to private social functions, personal errands or side trips (for unofficial purposes) or transportation of dependents or visitors without an accompanying official.

They may not be used for transportation to — or be parked at — commissaries, post exchanges, or officer or NCO clubs unless the trip has been previously determined to be official. NTVs also may not be used to pick up or deliver any items or supplies that are required for unofficial functions or activities, such as office luncheons.

It is the duty of the unit commander to determine whether a vehicle’s use is for official purposes. Drivers should consult the commander’s intent to answer questions regarding a vehicle’s use.

When an NTV is used, the transportation must begin and end at the place of duty and

not a personal residence. Also, those using NTVs must only use them for the proper purpose for which the use was authorized; the driver may not make other stops or run errands while using the government vehicle.

WHEN VEHICLES MAY BE USED

In general, a vehicle used for official business must be the one that is best suited for the job — not any larger than is needed — and it must be the most efficient vehicle that will complete the mission. Spouses and dependents may accompany Soldiers in NTVs, but only if there is room for them in the previously chosen vehicle and only when they are accompanying the military member or civilian employee.

In addition, there are special guidelines for the use of SUVs because they are generally more expensive and less fuel efficient than other vehicles. SUVs should not be used when a sedan or light pickup truck can meet the mission requirements. An SUV should never be authorized just to enhance the comfort or prestige of any person, regardless of grade or rank.

CONSEQUENCES

Failure to follow the regulations on the use of government vehicles has consequences. Civilians who willfully use or authorize the use of a government-owned NTV in a way that violates the regulation will be suspended from duty without compensation for at least a month. He or she also could be discharged.

Military personnel who do the same may be disciplined under the Uniform Code of Military Justice or other administrative procedures. Also, there is the possibility of criminal punishment. The law provides that any person who uses any government property for his or her own purposes, rather than for official uses, could be fined or imprisoned for up to 10 years.

In addition, if the vehicle is lost, damaged or destroyed as a result of the deliberate unauthorized use or negligence, the person will be required to pay for the damage.



Leader staff photo

Think twice before stopping by a fast food restaurant or other establishment while using a non-tactical military vehicle. Unauthorized side trips and other uses deemed unofficial may be grounds for disciplinary action.

Fort Jackson Legal Office

The Fort Jackson Legal Assistance Office provides legal services to eligible people, including powers of attorney, living wills and health care powers of attorney.

These services are available through an appointment with a legal assistance attorney, or on a walk-in basis 1:30-4 p.m., Tuesday and Thursday.

The Office of the Staff Judge Advocate, including Legal Assistance and Claims, will now close for lunch from noon to 1 p.m.

Regular office hours are 9 a.m. to

noon and 1 p.m. to 4 p.m., Monday through Friday.

If you have questions regarding wills, administration of estates, or any other legal issues please call Legal Assistance Office at 751-4287 to set up an appointment.

The Legal Assistance Office is located at 9475 Kershaw Road on the corner of Kemper Street and Kershaw Road.



Soldier takes fight from cage to Army

By CHRIS RASMUSSEN

Fort Jackson Leader

Pvt. Hannah Grossman appears to be your typical Soldier in training. Young, determined and focused. However, before donning an Army Combat Uniform, the Human Resource Information Management Specialist student was a professional cage fighter.

Grossman, who hails from Lexington, Mo., and fought under her maiden name Hannah Doak, is assigned to Company A, 369th Adjutant Battalion and is set to graduate today.

“Cage fighting is not about beating people up,” she said. “It is a mentally and physically challenging sport that is the longest three minutes of your life.”

Cage fighting, also referred to as mixed martial arts, is a combination of several fighting disciplines that utilizes several striking and grappling techniques. Opponents compete in a caged ring for three, three-minute rounds.

“There are a lot of parallels between MMA and the Army,” she said. “You have to stay focused. If you don’t put 100 percent into it, someone is going to get hurt. Just like if you don’t focus 100 percent during training, when you get downrange someone is going to get hurt or worse.”

Grossman, who has a 3-2 overall professional record, began the sport as a way to channel her anger that stemmed from a bout with skin cancer.

“I was angry at the world and wanted to channel it somewhere positive,” she said. “I started professional arm wrestling, but broke my arm. Three months after that, I began training for cage fighting.”

Capt. Miguel Santana, her company commander, said he was impressed with Grossman’s skills after viewing a video clip on the Internet.

“Eighteen seconds into the fight she got her opponent into a rear-naked choke hold and won,” Santana said. “You could tell how focused she was going into the cage. It is definitely an honor to have her in my company because she embodies the Warrior Ethos and what a Soldier is.”

In addition to maintaining a strict diet, Grossman put in three hours-a-day, five days-a-week in the gym training to



Photo by CHRIS RASMUSSEN

Pvt. Hannah Grossman, top, Company A, 369th Adjutant General Battalion, goes through combative drills with a fellow Soldier. Before entering the Army, Grossman was a professional cage fighter.

become a professional mixed martial artist.

“More people get hurt training than fighting because you do so much,” she said. “You develop a family-like relationship with the people you train with. You need that support because it is very intimidating going into a cage with someone that knows how to fight.”

Grossman initially joined the Army five years ago but

had to leave training when she discovered doctors failed to determine she was pregnant.

“I always wanted to come back,” she said. “I initially wanted to become a Soldier because my grandfather was a World War II vet. I want to serve my country. I also want to do combatives for the Army. That is my goal.”

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